



Homemade Larabars

16 BARS

INGREDIENTS

1 cup nuts (almonds, pecans, walnuts)
½ cup raisins
½ cup dried cranberries
1 cup pitted dried dates

DIRECTIONS

1. Put the raisins, cranberries and dates in a food processor and process for 2-3 minutes, scraping the sides of the bowl as needed.
2. Chop the nuts and place in a bowl. Add the dried fruit and mix together with a spatula.
3. Lay a piece of plastic wrap or wax paper on a baking sheet and spread the fruit-nut mix over it. Press the "dough" with your hands until it forms a thick square, roughly 8"x8" in size. Wrap and chill in the fridge for at least an hour or overnight.
4. Unwrap the chilled dough and cut into 16 small squares. These will last in the fridge for several weeks, or in the freezer for up to 3 months.