

# Apricot Almond Energy Bars

## Nutrient Rich Dishes

Source: [callmepmc.com/apricot-almond-energy-bars-recipe/](http://callmepmc.com/apricot-almond-energy-bars-recipe/)



**SERVES:**  
12



**PREP TIME:**  
5 MINS

### INSTRUCTIONS

1. Line a 8x8 inch pan with aluminum foil or waxed paper, spray with non-stick spray if using foil.
2. Add all ingredients to a food processor. Pulse until mixture is the consistency you prefer.
3. Dump mixture into pan and press flat using your fingertips. Press firmly so mixture sticks together.
4. You can eat it right away or allow to set and it will stick and hold together better.

These chewy, crunchy bars are simple to make, full of healthy ingredients and perfect for school snacks, camping or post workout energy.

### INGREDIENTS

- 2 cups dates
- 2 cups dried apricots
- 2 cups almonds
- 4 tablespoons honey
- 1 tablespoon chia seeds
- 2 tablespoons old-fashioned rolled oats