



High Power Fruit 'n Nut Bars

Delicious nut-based bars for healthy snacking

1 cup organic almonds
1/2 cup unsalted cashews
1/4 cup chia seeds
3 ounces pitted dates, halved
8 ounces dried apricots
3 Tablespoons filtered water

- One 9x5 inch loaf pan with a piece of parchment paper so that the excess hangs over the longest sides, set aside.
- Place all ingredients in a food processor. Pulse until the mixture gathers into a ball of mound but make sure some chunks remain, about 1 minute.
- With damp hands, press mixture into an even layer in the lined loaf pan. Refrigerate for at least 20 minutes or until firm enough to cut.
- Use the parchment paper to lift the mixture out of the pan.
- With a wet knife, slice into 10 bars. Cover and store in the refrigerator for up to 1 week. Yield: 10 slices

Recipe adapted from: The Acid Watcher Cookbook; Jonathan Aviv, MD

About the Recipe: How about a high energy bar that's packed with protein, antioxidants, fiber, and lots of vitamins? These dried fruit energy bars are a great breakfast option for busy people. They are easy to make ahead, require no baking, and are jam packed with natural ingredients. This energy bar is guaranteed to keep you fired up throughout the day.