

(HEWY ALMOND ENERGY BARS

For convenience and portability, wrap bars individually with plastic wrap.
Store in refrigerator for up to 1 week.

ALL YOU NEED:

- $\frac{3}{4}$ c. Hy-Vee old-fashioned rolled oats
- $\frac{3}{4}$ c. Hy-Vee sliced almonds
- $\frac{1}{2}$ c. chopped Hy-Vee dried apricots
- $\frac{1}{3}$ c. Hy-Vee dried cherries
- $\frac{1}{4}$ c. Hy-Vee raisins
- $\frac{1}{4}$ c. Hy-Vee honey
- $\frac{1}{4}$ c. Hy-Vee nonfat dry milk powder
- 2 tbsp almond butter



ALL YOU DO:

1. Preheat oven to 350 degrees.
2. Mix and spread oats and almonds evenly in a shallow baking pan.
3. Toast for 8 to 10 minutes or until almonds are light brown, stirring once.
4. In a food processor, combine apricots, cherries, raisins, honey, nonfat dry milk powder and almond butter.
5. Cover and pulse 3 times just to combine.
6. Add toasted oats and almonds; cover and pulse until blended and mixture sticks together.
7. Spray an 8-inch baking pan with nonstick cooking spray.
8. Press mixture firmly and evenly into pan.
9. Cut into 8 (2-by-4-inch) bars.

NUTRITION FACTS PER SERVING: SERVING SIZE: 8

Calories: 210; Carbohydrate: 32g; Dietary Fiber: 4g; Fat: 8g; Protein: 6g; Saturated Fat: 0.5g; Sodium: 25g; Trans Fats: 0g