

3-INGREDIENT SWEET (CHERRY BARS)

DID YOU KNOW?

Cherries are packed with antioxidants called anthocyanins, which may help in the reduction of heart disease and cancer.

ALL YOU NEED:

Combo 1:

- ½ cup dried sweet cherries
- ¼ cup pistachios
- 1 tbsp unsweetened coconut flakes

Combo 2:

- ½ cup dried sweet cherries
- ¼ cup peanuts
- 1 tbsp hemp hearts

Combo 3:

- ½ cup dried sweet cherries
- ¼ cup almonds
- 1 tbsp chia seeds



ALL YOU DO:

1. Add one half cup of dried sweet cherries to a bowl with water and soak for 20 to 30 minutes.
2. Drain cherries and transfer to a food processor with remaining two combo ingredients. Pulse until batter is crumbly and form into bars with your hands. Place in the refrigerator for at least 20 minutes to harden.
3. Repeat with remaining combos.