

Apricot Energy Bars

by Active Generations' Nutrition Director Priscilla Thornton

Ingredients (opt. means optional)

- 10 each dried apricots, pitted
- 4 each dried dates, pitted
- 1 each mandarin orange
- 2 tbsp maple syrup
- 1 tsp vanilla flavoring (opt.)
- 1 tsp cinnamon (opt.)
- 2 tbsp ground flax seed (opt.)
- 1 tbsp chia seeds (opt.)
- 2 tbsp orange juice or water
- 1 cup Special K (or other flaky cereal)
- 1/2 cup walnuts (or favorite nut)
- 2 tbsp favorite nut butter
- 1/4 cup carob, chocolate chips, and/or coconut flakes (opt.)
- 2 cups oats

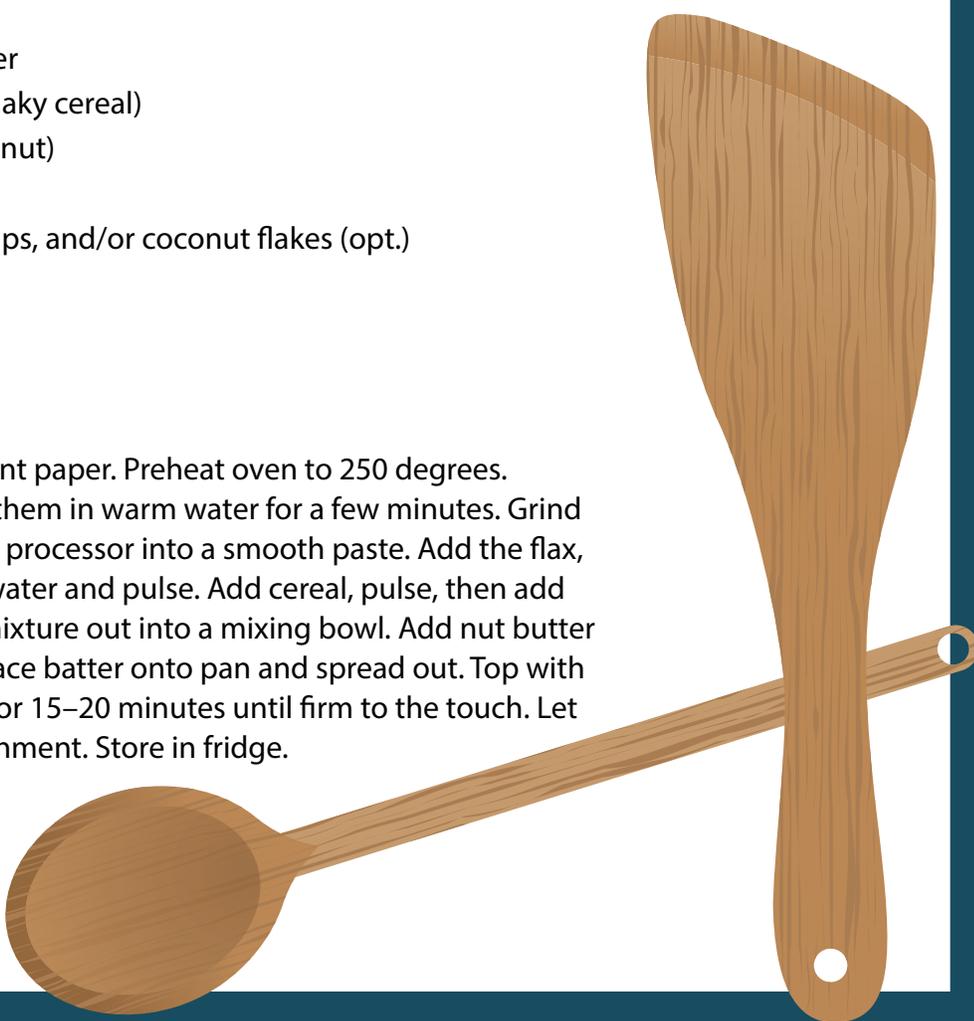


Preparation time: 35 minutes

Yield: 12 bars

Directions

Line a square pan with parchment paper. Preheat oven to 250 degrees. Rehydrate the dates by placing them in warm water for a few minutes. Grind the first six ingredients in a food processor into a smooth paste. Add the flax, chia seeds and orange juice or water and pulse. Add cereal, pulse, then add walnuts and pulse again. Turn mixture out into a mixing bowl. Add nut butter and oats and stir to combine. Place batter onto pan and spread out. Top with chocolate chips/coconut. Bake for 15–20 minutes until firm to the touch. Let the bars cool, then remove parchment. Store in fridge.



Priscilla administers the nutrition program at Active Generations. The program provides hot, nutritious meals to seniors through programs like Meals on Wheels and in-house dining. Priscilla is a proponent of home cooking. Her expertise is weight loss, focusing on healthy eating and whole foods. She works to recreate tasty recipes in order to make them healthier and more nutritious. Enjoy her tasty apricot energy bars!



Eat Well,
Live Well

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Pick it! Try it! Like it!

APRICOT

Pick it!

Choose plump, firm apricots with uniform yellow/orange color and no green or mushy spots.

Apricots will ripen at room temperature, but placing apricots in a paper bag will speed ripening.

Ripe apricots will be slightly soft and can be eaten at any time.

If not eaten right away, ripe apricots can be stored in the refrigerator for a few days.

Try it!

Ripe apricots are great sliced and eaten raw.

Apricots can also be easily substituted in any recipe that calls for peaches.

Sliced apricots can also be used in salads to add sweetness.

To broil or bake, simply halve the fruit, remove the pit, and bake until tender when pierced with a fork. It can also be topped with cinnamon-sugar or low-fat yogurt.

For a sweet treat, sauté in a nonstick skillet with a little butter and cinnamon.



Moorpark

- Juicy, sweet tasting fruit; good fresh, dried, canned
- Large, oval shaped fruit, light yellow-orange skin



Tilton

- Leading commercial variety for drying and canning
- Small, medium fruit; golden yellow skin and dark red bluish

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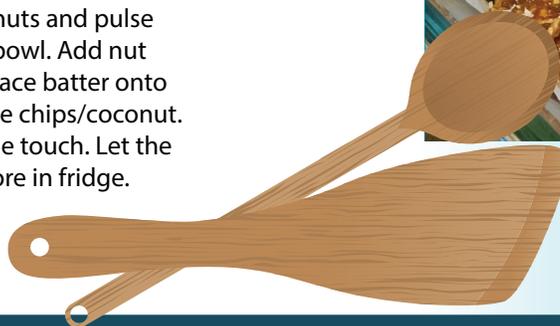
10 each	dried apricots, pitted	1 tsp	cinnamon (opt.)	1/2 cup	walnuts (or favorite nut)
4 each	dried dates, pitted	2 tbsp	ground flax seed (opt.)	2 tbsp	favorite nut butter
1 each	mandarin orange	1 tbsp	chia seeds (opt.)	2 cups	oats
2 tbsp	maple syrup	2 tbsp	orange juice or water	1/4 cup	carob, chocolate chips, and/or coconut flakes (opt.)
1 tsp	vanilla flavoring (opt.)	1 cup	Special K (or other flaky cereal)		

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- Apricots can also be easily substituted in any recipe that calls for peaches.
- Sliced apricots can also be used in salads.
- For a sweet treat, sauté in a nonstick skillet with a little butter and cinnamon.



Find recipes & videos at iGrow.org



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating.
South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.
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