



# Sparkle Kitchen

## **Vegetarian Pemmican Bars\_\_**

**(makes 8 large bars or 16 smaller “bites”)**

### **\_\_Ingredients\_\_**

2 cups mixed, raw nuts and seeds (I used pecans, almonds, and pumpkin seeds)

½ tablespoon coconut oil

1 ½ cups dried fruit (I used cherries and apricots)

1 tablespoon flax seeds

pinch salt

½ cup honey

¼ cup water

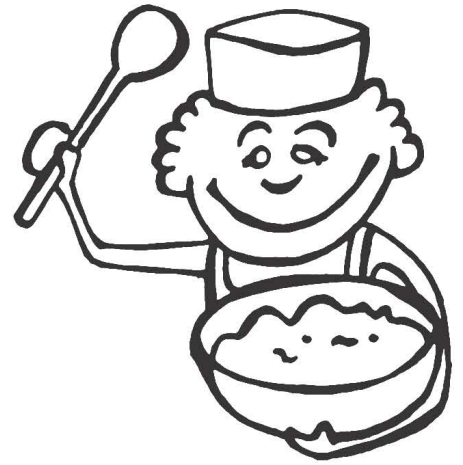
### **\_\_Directions\_\_**

Preheat your oven to 375 degrees Fahrenheit.

In a large skillet, lightly toast the nuts and seeds. When the nuts smell warm, turn off the heat and stir in the coconut oil to coat the nuts.

Transfer the nut mixture to the bowl of a food processor and pulse several times to coarsely chop. Add the dried fruit, flax seed, and a pinch of salt, then pulse a few more times to chop and combine them. With the food processor running on low, drizzle in the honey and water.

Butter or spray a piece of parchment paper and press it into a small baking dish. (The one I used was roughly 9 x 7 inches.) Scrape the mixture out of the food processor and into the dish, using clean hands to press it down into the corners.



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### **Continued...**

Bake the pemmican for 25-30 minutes, or until the edges start to turn deep brown. Allow it to cool completely in the pan, then use the parchment paper to remove it and cut it into bars.

Store your pemmican bars in the fridge — with parchment paper layered between them — for up to two months, or keep them in the freezer almost indefinitely.