



## Fruit-and-Nut Breakfast Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apricots dried
- 0.3 cup plums dried (prunes)
- 0.5 cup medjool dates whole pitted halved ( 5)
- 0.3 cup orange juice
- 0.3 cup pumpkin seeds raw (pepitas)
- 0.3 cup sunflower seeds raw
- 0.3 teaspoon salt
- 1 cup almonds raw whole with skins

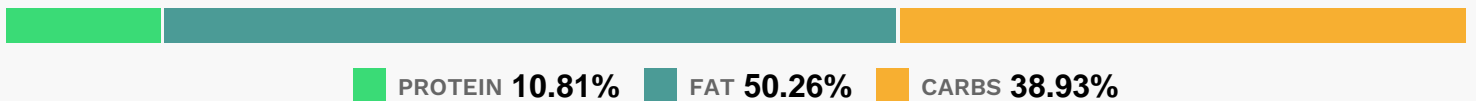
## Equipment

- food processor
- baking sheet
- oven
- spatula

## Directions

- Preheat oven to 30
- Pour orange juice over dates and let soak 5 minutes.
- Meanwhile, place almonds, dried apricots, and dried plums in a food processor and pulse a few times until coarsely chopped.
- Add salt and dates with orange juice and pulse until mixture starts to stick together.
- Add pumpkin seeds and sunflower seeds, pulsing a few times just to incorporate.
- Using wet hands, scoop mixture onto a work surface and form into a log about 1 3/4 in. wide and 1/2 in. thick. Use your palms to flatten into a bar, and cut bar into 8 equal pieces.
- Arrange pieces about 1 in. apart on a parchment-lined baking sheet.
- Bake 8 minutes. Using a heatproof spatula, turn bars over and bake another 8 minutes, or until nuts are toasted (but before fruit begins to burn). Store in an airtight container for up to 4 days.

## Nutrition Facts



## Properties

Glycemic Index:5.15, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:2.8582608933034%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.25mg,

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Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg  
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 53.52kcal (2.68%), Fat: 3.24g (4.98%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 5.64g (1.88%), Net  
Carbohydrates: 4.49g (1.63%), Sugar: 3.76g (4.17%), Cholesterol: 0mg (0%), Sodium: 19.86mg (0.86%), Alcohol: 0g  
(100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin E: 1.73mg (11.5%), Manganese: 0.17mg (8.6%),  
Magnesium: 22.5mg (5.62%), Copper: 0.1mg (4.88%), Fiber: 1.15g (4.61%), Phosphorus: 41.28mg (4.13%), Vitamin B2:  
0.07mg (3.85%), Potassium: 103.39mg (2.95%), Vitamin B1: 0.03mg (2.13%), Vitamin B3: 0.42mg (2.12%), Iron:  
0.38mg (2.11%), Vitamin A: 97.89IU (1.96%), Zinc: 0.27mg (1.82%), Vitamin B6: 0.04mg (1.77%), Calcium: 17.56mg  
(1.76%), Folate: 6.2µg (1.55%), Vitamin C: 1.09mg (1.32%), Selenium: 0.89µg (1.27%)