



## **APRICOT MACADAMIA KIND BARS**

Crunchy macadamia nuts and apricots are blended with puffed rice, honey and coconut for a splendid creation that will keep you energized and satisfied. Sweet, crisp, buttery this bars is simple to make and great for on-the-go snacks.

### **INGREDIENTS**

- 1 cup chopped macadamia nuts
- 1/2 cup unsweetened coconut flakes
- 1/2 cup chopped dried apricot
- 1/3 cup puffed rice cereal
- 1 tablespoon flax seed
- 1/2 cup honey

### **INSTRUCTIONS**

Preheat oven to 325 degrees. Line an 8 inch square baking pan with parchment coated with cooking spray.

In a large bowl, stir together all the ingredients and pour into prepared pan. Lightly spritz your hands with cooking spray and press the mixture down into an even layer. Bake for 20-25 minutes or until the edges start to turn golden brown.

Transfer the pan to a wire cooling rack and allow to cool completely.

When cool, carefully lift the bars out of the pan using the edges of the parchment and place on a cutting board.

Cut into 10 bars and wrap individually in parchment.

Store in the refrigerator in an airtight container for up to 2 weeks.