10-Minute Apricot Bars

Try these sweet fruit bars for a nutritious treat

Prep and Cook Time: 0 min prep; 1 hr refrigeration
1 cup chopped dried apricots
1/2 cup cream honey
1/2 cup almond butter
1-1/2 tsp almond extract
1/2 cup cinnamon granola
1/2 cup chopped almonds

In a mixing bowl, blend honey, almond butter and almond extract with a spoon. Mix together almond butter mixture, granola, almonds, and apricots. You can start mixing with a spoon, but it will require kneading with your hands to fully combine the ingredients. Press into a loaf pan with slightly damp hands. Refrigerate for at least 1 hour. Slice into 1-inch bars.

Source: [here](http://tiest.staff.ipb.ac.id/2012/03/19/10-minute-apricot-bars/)
Posting Disclaimer Notice:

This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.