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
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