

Big HealthE Loser Program

Ingredients

1/3 Cup Raw Almonds

1/3 Cup Pitted Dates

1/3 Cup Dried Apricots

Pinch of Cinnamon

1 T. Almond Butter

Apricot Muffin Fruit & Nut Bar

Directions

Grind nuts in food processor and transfer to a bowl. Process the dates and apricots. Add the nuts, cinnamon & almond butter and process till the mixture holds together when squeezed. Divide into 12 portions, molding each into a mini muffin pan. Pop out of pan and wrap in saran wrap. Store in refrigerator for up to a week.

Makes 12 Mini's

Cherry Tart Bar

Substitute walnuts for almonds. Use dried cherries in place of apricots.

Blueberry Macadamia Bar

Substitute macadamia nuts for almonds. Use dried blueberries in place of apricots.

Apple Pecan Bar

Substitute pecans for almonds. Use dried apples in place of apricots.