

## Almond, Cherry and Oat Bars

12 ounces (2 1/2 cups) almond flour/meal  
3 ounces (3/4 cup whole wheat flour  
16 ounces dried cherries, chopped  
4 ounces (1/2 cup) honey  
4 ounces (1/2 cup) raw almond butter ( or any other nut butter)  
1/2 teaspoon vanilla extract  
1 teaspoon ground black pepper  
10 ounces (2 cups) natural, whole, toasted almonds  
4 ounces (1/2 cup) mini dark chocolate chips (optional)  
8 ounces (1 cup) thick rolled, toasted oats  
1/4 teaspoon kosher salt

- Preheat oven to 325 degrees F.
- Combine the almond flour, whole wheat flour, cherries, honey, almond butter and vanilla in food processor, and puree until well mixed, forming a paste.
- In a bowl, add the toasted almonds, pepper, toasted oats and mini chocolate chips, if using.
- Add the paste to the almond and oats mixture, and knead until almonds and oat mix has been taken in and distributed evenly.
- Transfer to a small rimmed baking sheet lined with parchment paper and bake for about 14-15 minutes at 325 degrees F.
- Once finished and cooled, place in refrigerator with another baking sheet on top, to set the bars.
- Once set and cooled, remove from refrigerator and cut into 20 bars. Can be stored at room temperature in air tight container for up to 5 days.

Happy Pre-Game Snacking!

