



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHOCOLATE-APRICOT NUT BARS

WHOLELIVING.COM

1½ cups dried apricots
½ cup raw almonds, toasted
2 tablespoons unsweetened shredded coconut, toasted
Coarse salt
½ ounce dark chocolate, melted

- **Pulse apricots, almonds, 1 tablespoon coconut, and a pinch of salt in a food processor until finely ground.**
- **Line a 9-by-5-inch loaf pan with parchment, leaving an inch overhang on all sides.**
- **Transfer mixture to pan and press firmly to form a rectangle.**
- **Use parchment overhang to remove to pan. Drizzle mixture with chocolate and sprinkle with remaining coconut.**
- **Transfer to the refrigerator and leave until firm, about 15 minutes.**
- **Slice into six bars. Store in an airtight container for up to 5 days.**