



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **SESAME FRUIT-AND-NUT BARS\***

**Oprah.com**

- 2 cups raw walnut pieces
- 1 cup raw white sesame seeds
- 1 cup dried tart cherries
- ½ teaspoon of coarse sea salt (such as Maldon or Celtic)
- 4 tablespoons raw coconut butter
- 3 tablespoons agave nectar or dark honey

- 1) Preheat oven to 325. Line an 8" square baking pan with parchment paper
- 2) Spread walnut pieces on a rimmed baking sheet and toast in oven, shaking pan frequently, until walnuts just start to turn golden brown and smell slightly fragrant – about 15 minutes. Remove from oven, set aside in a bowl, and let stand until cool to the touch.
- 3) Repeat process with sesame seeds, toasting about 10 minutes and watching carefully so seeds do not burn. Remove from oven and let stand until cool to the touch. Transfer to a medium bowl.
- 4) Place walnuts and cherries in a food processor or blender. Process until nuts and fruit come together, coarsely chopped, to form a sticky ball.
- 5) Add nut and fruit mixture to sesame seeds. Add salt, coconut butter, and agave nectar or honey and mix, using hands, until well combined. The mixture should easily stay together when squeezed.
- 6) Press into prepared baking pan, forming a layer approximately ½ inch thick. Refrigerate until completely cool, about 1 hour.
- 7) Cut into squares and serve.

Makes 16 2-inch squares.

\*For long-term storage, these bars should be kept refrigerated. That said, a few will keep perfectly well at room temperature during a day on the go.



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