



## Raw Fig Bars

12 servings

40 minutes

### Ingredients

- 1 cup Dried Figs (4 figs)
- 2 tbsps Maple Syrup
- 1 tbsp Ground Flax Seed
- 1 cup Cashews (raw)
- 2 cups Almonds (raw)
- 1/2 cup Ground Flax Seed
- 1 cup Pitted Dates
- 1 tsp Vanilla Extract
- 1 tbsp Unsweetened Almond Milk
- 1/8 tsp Sea Salt (pinch)
- 1/8 tsp Cinnamon (pinch)

### Nutrition

Amount per serving	
Calories	288
Fat	17g
Carbs	29g
Fiber	6g
Protein	8g

### Directions

- 1 In a food processor, place the figs, dates, 1 TB flax, maple syrup, sea salt and cinnamon and blend until well combined. Remove from processor and set aside in a bowl.
- 2 In the food processor, place the remaining ingredients and process until well combined.
- 3 Line an 8x8 pan with parchment paper that hangs over the side. This will make it easier to remove and cut!
- 4 Press 1/2 of the crust mixture into the pan, then top with the filling and then the other 1/2 of the crust mixture. Place the pan into the freezer for 2 hours.
- 5 Add in vanilla extract and almond milk (starting with 1 T and adding another if mix is dry) and continue processing until mixture comes together into a sticky ball.
- 6 Remove and cut into 12 bars. Store in the freezer for up to 2 months or the fridge for up to a week.

### Notes

Serving Size: 1 bar.