

## **Oatmeal Energy Bars with Fruits and Nuts**

Serving size: 12 bars

Recipe by: Kimberly Meyers - [www.jandkalways.blogspot.com](http://www.jandkalways.blogspot.com)

Adapted from: The Joy of Cooking

*As always, this recipe is tried and true from my kitchen to yours.*

### *Ingredients:*

1 cup old-fashioned oats

3/4 cup all-purpose flour

1 cup packed dark brown sugar

1 1/2 cups packed dried fruit, chopped (apricots, pitted dates, raisins, figs, cherries, cranberries, and/or plums)

1/2 cup nuts, chopped (walnuts, pecans, hazelnuts, and/or almonds)

1/4 teaspoon salt

3/4 teaspoon ground cinnamon

1 1/2 sticks unsalted butter, melted

1 1/2 teaspoons vanilla extract

### *Directions:*

Preheat the oven to 350 degrees Fahrenheit. Line a 8x8-inch square baking dish with aluminum foil and grease well (Pam spray works well). Combine in a medium bowl oats, flour, brown sugar, fruit, nuts, salt, and cinnamon. Add butter and vanilla and stir until well blended. Press the mixture into the pan. Bake until top is golden brown, 35-40 minutes. Cool in the pan on a rack for at least an 1 hour. Once thoroughly cooled, cut in half then into 12 bars. To freeze: line layers of energy bars with wax paper in a freezer-safe container.