

## Edible Perspective

8.22.13

### No-Bake Polenta Trail Mix Bars gluten-free, vegan // yields 9 large bars

- 3 cups water, *or per your polenta cooking instructions - I use Bob's Red Mill*
  - 1 cup polenta/corn grits
  - 1 cup dried fruit + nuts
  - 1/2 cup unsweetened shredded coconut
  - 2-4 tablespoons maple syrup
  - 2 tablespoons chia seeds, *optional*
  - 1 1/2 tablespoons unrefined coconut oil
  - 1 teaspoon cinnamon
  - 1/4 teaspoon salt
1. Boil water then stir in polenta slowly.
  2. Reduce heat to simmer and stir polenta frequently for about 5 minutes until you reach a very thick/stiff porridge consistency. *Or, follow package directions as it may vary slightly.*
  3. In the last minute of cooking stir in the fruit and nuts, coconut, maple syrup, chia seeds [if using], coconut oil, cinnamon, and salt until well combined. Taste and add more maple syrup if desired.
  4. Cook for another minute and then pour into a 9x9 square pan and spread/pack firmly into the pan with the back of a spatula.
  5. Refrigerate uncovered until fully chilled.
  6. Slice polenta into squares, then top however you like, and eat. *Keep remaining bars wrapped or in a sealed container and refrigerated.*
  7. **Or**, preheat a skillet over medium and coat the pan with coconut oil.
  8. Place the chilled polenta squares [or cut into strips] in the pan and cook for 2-4 minutes per side until golden brown.
  9. Remove from the pan and add toppings, or eat plain.