

WONDERS OF WALKING

JUDY HELLER (ACE) :: PERSONALIZED COACHING :: WALKING :: VITALITY

LIVE LIVES OF PEACE, BALANCE, PASSION AND PURPOSE

Fruit & Nut Energy Bar

This simple recipe provides a great way to carry a little energy snack along with you.

Use equal parts (about 1/3 cup each) of these items:

Dried Cherries,

Nuts (pecans, peanuts...) and

Dates.

Using a food processor process each ingredient separately.

Process the cherries until they ball together,

the nuts until they are consistently small (you can adjust size based on what you like), and

the dates until they ball together.

Then process all ingredients together.

Role the mixture out to the thickness you like, generally about 3/4 inch to 1 inch,

then cut into the sizes you want!

Recipe from Alicia Wendler