

## Apricot Vanilla Cashew Bars Recipe

### Ingredients

- 1 cup cashews
- 1 cup dried apricots
- 1/4 cup pitted Medjool dates
- 1 tablespoon cashew butter
- 1 teaspoon vanilla extract
- Pinch of sea salt
- Shredded coconut, for sprinkling, optional



### Instructions:

1. Line a 9-by-5-inch loaf pan with parchment. Pulse cashews in a food processor until finely chopped with some small chunks remaining. Add apricots, dates, cashew butter, vanilla, and salt; pulse until ingredients start to stick together. (Do not process until smooth, as the texture helps the bars hold together)
2. Transfer mixture to prepared pan and use a sheet of parchment to press and flatten evenly into pan. Sprinkle coconut on top, if desired, then cover pan with parchment or plastic wrap. Refrigerate for at least 1 hour before slicing. Store in an airtight container in refrigerator for up to 5 days, or freeze for up to 1 month