

Fruit and Nut bars

1 pound pitted dates
¼ cup water
2 Tablespoons Blue agave syrup

Blend until smooth in food processor

1 ½ cups shredded coconut (unsweetened)
½ cup quick oats
2 Tablespoons chia seeds (optional)

Blend until incorporated in food processor. Remove blade from food processor.
Add:

1 and 1/2 cups walnuts
1 cup pecans

Mix date mixture in with nuts using the thin handle of a wooden spoon (use the handle part of a wooden spoon because chopsticks are too thin, the spoon end of a wooden spoon will get everything stuck to it and break all the nuts).

Place a sheet of parchment in a 13 x 9" pan or something similar. Spread the mixture evenly across the pan. Bake at 350 for 25 minutes.

Remove from oven. Cut into 24-30 bars. Wrap in parchment or wax paper and wrap up with a thin rubber band. Now they're ready for travel. Great for hiking. Or you can add one to ice cream for dessert.