

# Homemade Fruit & Nut Bars

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## Ingredients

1 C PITTED DATES  
1/4 C HONEY  
1 1/2 C ROLLED OATS  
1/2 C CHOPPED ALMONDS  
1/2 C PUMPKIN SEEDS  
1/2 C DRIED CRANBERRIES

## Directions

1. Line 8X8 pan with parchment paper.
2. In food processor, mix dates and honey until paste is created.
3. In a bowl, mix oats, almonds and cranberries. Once combined add date mixture to oat mixture.
4. Firmly and evenly press into pan.
5. Place in freezer for at least 20 minutes or until firm.

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