

Cold Dried Fruit Bars with Coconut Cream

Ingredients

For the Base

- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 cup almonds
- 2 tbsp unsweetened shredded coconut (desiccated)
- 2 tbsp chia seeds
- 1/2 cup dried figs
- 1/2 cup dates
- 2 tbsp water
- 1 tsp cinnamon

For the Cream

- 1/2 cup cashews (hydrated overnight)
- 1/2 cup almond/coconut milk blend
- 1/3 cup unsweetened shredded coconut (desiccated)
- 2 tbsp honey or maple syrup

For Topping (optional)

- 2 tbsp unsweetened shredded coconut (desiccated)

How to make it

[title]For the base:

2. In a food processor, blend all the ingredients until it becomes a dough that is sticky when pressed with your fingers.
3. Grease a 18x27cm baking sheet with coconut oil or use parchment paper.
4. Press the dough into the bottom of the sheet until it is very “compact”. Refrigerate.

[title]For the cream:



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 min	0 min (+ 2 hrs refrigeration)	20 min	12

Made with



Quaker® Oats-Old Fashioned

6. In a food processor or blender, pulse the hydrated and strained cashews for about 3 minutes.
7. Add the almond/coconut milk blend and honey and mix until you get a homogeneous cream.
8. Add the shredded coconut and beat a little more just to combine.
9. Pour the cream over the base, sprinkle the remaining shredded coconut on top and take it back to the fridge for at least 2 hours.
10. Cut into rectangles and keep refrigerated (if you prefer, pack them individually and freeze).
11. Enjoy!