



On-The-Go Fruit/Nut/Grain Bars

Yields 16 2 x 2 inch bars

Ingredients:

- 2 cups kamut flakes (If you can't find these, old fashioned rolled oats are OK)
- 1 cup chopped pecans (1/4 inch)
- ¾ cup combo of pumpkin seeds and sunflower seeds (raw), or just pumpkin seeds
- 1/2 cup raw wheat germ
- 3 Tbsp butter
- 2/3 cup honey
- 1/4 cup dark brown sugar, lightly packed
- ¼ tsp sea salt
- ½ Tbsp pure vanilla extract
- 1/2 cup chopped pitted prunes
- 1/2 cup chopped dried apricots (California apricots are best for this)
- 1/2 cup dried tart cherries
- 1 tsp ground cinnamon
- 2 Tbsp sesame seeds for the top

Instructions:

Preheat the oven to 350 degrees F. Butter a 9 x 9 or 10 x 10 inch baking dish and line it with parchment paper. Butter the top of the parchment (the part that will touch the raw bars).

In a large mixing bowl, stir together the kamut flakes, chopped pecans, sunflower seeds, pumpkin seeds and wheat germ and place them on a flat, parchment-lined sheet pan and bake for 12 minutes, stirring occasionally, until lightly browned. Transfer the mixture to a [large metal mixing bowl](#). Note: some wheat germ you purchase might say "toasted" in which case do not toast again, just add after the rest of this mix comes out of the oven.

Reduce the oven temperature to 300 degrees F.

Place the butter, honey, brown sugar, vanilla, cinnamon and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for one minute, then pour over the toasted oatmeal mixture. Add the prunes, apricots, and cherries and be sure everything is coated well.

Pour the mixture into the prepared pan. Wet your fingers and lightly press everything evenly into the pan. Sprinkle the top with sesame seeds and press in. Push down on the mixture in the pan so everything is tightly compacted.

Bake for 30 minutes, until light golden brown. Remove from oven to a cooling rack. Using a flat spatula, press down firmly all over the top to be sure the bars are again dense and compact. I do this a couple of times while it is still warmish. Cool for a total of two to three hours before cutting into squares.

Remove from pan to a cutting board by putting the cutting board over the edges of the sheet pan and flipping it upside down. This way the surface you cut will be perfectly flat. Use a long knife and cut into 16 squares. If there are any pieces that flake off, add them to your granola cereal.

I put the cut bars on a cutting board in the fridge overnight before wrapping each bar individually in waxed paper. Store in the freezer airtight for up to two months.

You can store these in an airtight container at room temperature for a week or two, as you would cookies. I prefer to store mine in the freezer or refrigerator. I find that they stay crisper this way as all granola tends get softer at room temperature after a day or more.