

Dried Plum, Apricot and Coconut Breakfast Bars

1 1/2 cups dried, unsulphured apricots
1 cup dried, unsulphured plums
1/2 tsp ground cinnamon
1 1/4 cups unbleached gluten free flour
1/2 cup Shredded Unsweetened Coconut plus extra for dusting the bars
1/2 tsp unrefined sea salt
1/2 cup coconut oil softened
1 tsp vanilla extract
1/2 cup coconut nectar

1. Heat the oven to 350 F. Grease and flour a 8-inch by 8-inch baking dish.
2. Place the apricots and plums in a small saucepan, cover with water by about 1 inch and bring to a simmer over medium-high heat. Continue to simmer until plumped and softened, about 10 minutes. Drain the dried fruit, and place it into a food processor. Add the cinnamon to the food processor, and process until the dried fruit forms a smooth paste. Scrape it into a bowl, cover it, and let it rest at room temperature while you prepare the remaining ingredients.
3. Stir the flour and shredded coconut together in a large mixing bowl with the salt. Work in the coconut oil and vanilla extract until the flours resemble cornmeal. Beat in the coconut nectar. The batter will become firm and sticky. Press it into the prepared baking dish with your fingers, and bake it for 20 to 25 minutes or until it reaches a caramel brown on top and stands firm to the touch.
4. Set the baking dish on a cooling rack. Spread the dried fruit paste over the breakfast bar base while it is still hot, then sprinkle it with shredded coconut. Allow to cool completely, then cut into 2-inch squares.

Yield: 16 bars