

RECIPE: ALMONDS AND APPLES FOOD BAR

BAKING

Dark Chocolate, 0.38 oz

NUTS, SEEDS & DRIED FRUITS

Almonds, 4.24 oz

Pumpkin seeds, 0.62 oz

Sunflower seeds, 1.29 oz

Dried apples, 3.07 oz

Dried prunes, 4.55 oz

Dried dates, 12.71 oz

MISCELLANEOUS

Roasted and milled flaxseeds, 3 tbsp