

INGREDIENTS

- 1/4 c Almonds, slivered and toasted
- 1/2 c dark chocolate chips
- 2 Lemons, zested and juiced
- 2 clementines, juiced (1 zested)
- 1/4 c honey
- 1 lb sweet and sour cherries, frozen
- 1/4 t Cardamom
- 1/2 t Nutmeg
- 5 T olive oil
- 2 c. almond flour
- 3 tT coconut flour
- 2 T maple syrup
- 1/2 t almond extract
- 1/2 t vanilla extract
- 1/4 t salt
- 1/2 c Low-fat greek yogurt of choice
- Pan spray, as needed



Vegetarian, GF

Layered Cherry Pie Energy Bars



About 12



1 hour + overnight cooling

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Lightly grease with pan spray and line an 8x8 baking dish with parchment paper.
3. In a large bowl, mix together the oil, flours, maple syrup, almond extract, and vanilla extract until combined.
4. Press dough into a baking dish.
5. Bake for 20 minutes.
6. While the crust cools, heat all of the cherries, honey, 1/4 c lemon juice, lemon zest, salt, cardamom and nutmeg in a medium saucepan until reduced, about 30 mins. Stir constantly with a wooden spoon.
7. Over the cooled crust, make a 1/4" layer of greek yogurt. Onto this, place the cherry chutney and garnish with toasted almonds and white chocolate chips.
8. Cool overnight in the refrigerator. Cut 12 bars with a serrated knife.