

## Snack Cooking Demo

### **Apple Pie Larabar Copycat**

Ingredients:

- 1 1/2 cups walnuts
- 1 cup dried apples
- 1 cup Medjool dates
- 1/4 tsp. cinnamon
- 1/8 tsp. ginger
- 1/8 tsp. salt

Instructions:

1. In a food processor, combine all the ingredients and blend until a paste is formed.
2. Test to see if the mixture binds together. If not, add a bit of water (up to a tablespoon).
3. Transfer the mixture to a 7 x 7 inch or 8 x 8 pan lined with wax paper or parchment paper.
4. Refrigerate for at least two hours, and then cut it into 8 bars.
5. Store the bars in an airtight container in the refrigerator or freeze.

Recipe from <https://realfoodrealdeals.com/apple-pie-larabars/>.

### **Strawberry Oatmeal "Cookies"**

Ingredients:

- 1 ¼ cup old fashioned oats
- ½ cup peanut butter (or other nut/seed butter)
- 1 large, ripe banana
- ¼ cup dates
- 1 tsp vanilla extract
- ½ cup chopped strawberries
- ½ tsp baking soda
- salt

Instructions:

1. Place 1/4 cup pitted dates with 2 teaspoons warm water in a food processor and purée until smooth.
2. Add in 1/3 cup natural peanut butter, 1 large ripe banana, and 1 teaspoon vanilla extract. Purée again until mixed together and creamy.
3. Remove and place in a bowl. Stir in 1 1/4 cup rolled oats, 1/2 tsp. baking soda, and a pinch salt. Fold in 1/2 cup chopped fresh strawberries.
4. Scoop onto a baking sheet and bake @ 350F for ~12-15 minutes until set. Remove and let cool, then enjoy!

Recipe from Plant Based Juniors (@plantbasedjuniors on Instagram).