

Anytime Bars (aka Solidarity Bars)

1 cup raw pecan halves
1 cup whole raw almonds
4 T brown rice flour or another gluten free flour
2 T finely ground flaxseeds
¼ t sea salt
1/8 t baking powder
1/8 t baking soda
¼ cup old fashioned rolled oats
1 cup pitted dates cut in quarters
1 cup unsulfured dried apricots cut in half
1 organic egg
5 T Grade A Dark Amber maple syrup
1 t vanilla extract
¼ cup dried cranberries
¼ cup dried blueberries
2T sesame seeds
1 T grated orange zest

Toast the pecans and almonds in a 350° oven for 7-10 min taking care they don't burn. Turn the oven down to 325° when finished toasting.

Combine the flour, flaxseeds, salt, baking powder and baking soda in a food processor and pulse to mix about 5 seconds. Add the pecans and almonds and pulse 5 times to coarsely chop the nuts. Add the oats, dates and apricots and pulse another 10-15 times until the mixture is well chopped but still coarse. The other dried fruits and seeds will be added at the end.

In a large bowl, whisk the egg, maple syrup and vanilla until thoroughly combined. Add the fruit and nut mixture to the liquid in the bowl and thoroughly mix. Add the cranberries, blueberries, sesame seeds and orange zest and mix in thoroughly. It will be a very stiff, sticky mix. Spread the mix in an oiled baking pan (9x9 or 7 ½ x 11 ¾ pyrex) and pat it down to an even thickness and bake at 325° for 25-30 min until it's golden brown on top. Don't overbake or the bars will be too dry. Let the pan cool on a rack for 5 min then cut into squares (24 or 25) and leave them in the pan until completely cool so they'll hold together when you remove them.

Recipe from *The Cancer-Fighting Kitchen* by Rebecca Katz