Energy Bars

3/4 cup chopped walnuts

3/4 cup slivered almonds

3/4 cup chopped pecans

1/2 cup chopped dried cherries

1/2 cup dried cranberries

1/2 cup dried apricots, chopped

1/2 cup golden raisins

1/2 cup raisins

1/2 cup almond flour

1/2 cup whole wheat flour

1 cup rolled oats

1/2 cup unsweetened coconut

1 teaspoon salt

1 teaspoon cinnamon

1/2 cup canola oil

1/3 cup honey

1 super ripe banana, mashed

1/4 cup flaxseed

1/4 cup sunflower seeds

1/4 cup millet

Preheat oven to 350 and toast walnuts, almonds and pecans 10 minutes. Let cool.

Combine dried fruits in bowl. Pour boiling water over fruit to cover. Let stand 30 minutes. Drain and reserve 1/4 fruit water.

In bowl, combine almond flour, whole wheat flour, nuts, oats, coconut, salt, cinnamon, flaxseed, millet and sunflower seeds.

Stir together banana, oil and honey.

Add banana mixture to dry ingredients and stir to combine.

Place 1/2 of the fruit in food processor along with reserved fruit water and process until chunky jam consistency.

Stir into oat mixture along with remaining fruit.

Press mixture into an 8x12 inch rectangle on a silpat lined baking sheet.

Cut into 16 rectangles.

Bake 35 minutes at 325. Reduce heat and bake 1 hour at 250. Turn off oven and leave bars in oven until cool.