

Fig Bars

Joy Barnes

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In bowl beat well:

¼ cup Olive Oil¹

1 TBS Liquid Lecithin

½ tsp Salt

1 TBS Lemon Juice²

⅔ cup Honey

Stir and mix in³:

1 cup Oat Flour

1½ cup Whole Wheat Pastry Flour⁴

Cut up and blend:

2 cups Figs⁵

1½ cups Water

Place half of the dough onto a 9 x13 flat casserole dish oiled or sprayed with oil. Cover with plastic wrap and roll out evenly, removing the plastic when finished. Add the fig mixture and spread evenly. Put the other half of the dough in the center of a piece of plastic wrap and roll into a rectangle the size and shape of the dish. Place the dish beside the dough. Pick up the two corners of the plastic farthest from the dish and flip the dough onto the fig mixture and tuck in the edges. Cut into bars and bake at 350° for 30 minutes.

Yield: 24 bars.

¹ First cold pressing.

² Can substitute vanilla, if desired.

³ When the dough becomes stiff, mix with your hands.

⁴ Can substitute whole wheat flour, if desired.

⁵ Or any dried fruit that you would prefer, adjusting the amount of water as necessary.