

# NYBG

## SENSATIONAL SEEDS CHEF RECIPES

### **DRIED FRUIT & SEED BARS**

Prepared by Marion Williams of Wellness in the Schools,  
created by Chefs at Bon Appetit, CA  
Sensational Seeds Event  
Makes 2 inch 9 x 13 baking pan

### **Ingredients**

- 150 grams Giusto's Gluten Free AP Flour
- ½ teaspoon Baking Soda
- ½ teaspoon Baking Powder
- 2 teaspoon Salt
- 330 grams Brown Sugar
- ¼ cup + 2 tablespoons Flax Meal
- 1 cup Water
- 1 teaspoon Vanilla Paste
- 2 cups Dried Apricots
- 2 cups Dried Sour Cherries
- 3 cups Pumpkin Seeds
- 3 cups Sunflower Seeds



### **Instructions**

Spray and line a 9x13 baking pan with parchment. Leave a little overhang, so you can lift out when baked.

Place pumpkin and sunflower seeds on a sheet tray and bake until slightly toasted brown—about 20 minutes at 350 degrees. Set aside to cool.

In a small bowl, combine flax meal, water, and vanilla paste. Stir to combine.

Combine gluten free flour, baking soda, baking powder, salt, brown sugar in a large bowl.

Slice apricots into strips and combine with dried sour cherries in flour mixture. Break up dried fruit pieces with your hands. When seeds are cool, combine with flax meal mixture and flour/dried fruit mixture.

Press into pan and bake at 325 degrees in convection oven for approximately 45–55 minutes. Top should be brown and center should be firm to the touch.