

## Half Cup Pemmican Bars

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*Pemmican was originally prepared by the North American Indians using dried, ground meat mixed with fat and dried fruits. This organic vegetarian version is full of fruits, nuts, and fiber for a high-energy snack.*

- 1/2 CUP GOLDEN RAISINS
- 1/2 CUP PITTED DRIED DATES
- 1/2 CUP DRIED FIGS (STEMS REMOVED)
- 1/2 CUP WHOLE ALMONDS
- 1/2 CUP CASHEWS
- 1/2 CUP WALNUT PIECES
- 1/2 CUP PECAN PIECES
- 1/2 CUP TOASTED WHEAT GERM
- 1/2 CUP WHEAT BRAN
- 1/2 CUP WHOLE WHEAT FLOUR
- 1/2 CUP NONFAT DRY MILK POWDER
- 1/2 CUP HONEY

Chop all fruit and nuts and mix together. Mix dry ingredients together and add to fruit and nut mixture, a little at a time, alternately with honey. Add just enough water (about 1/2 cup) to moisten. Press into a buttered 8×4×2-inch loaf pan.\* Bake in a 375° oven for 30 minutes. Cool in pan on a wire rack. When cooled, remove from pan, slice into bars. Bars can be transferred to a freezer container or bag and frozen for up to 3 months. Makes 16 servings.

\*TIP: To remove bars easily from pan, line pan with foil and grease foil with butter.