

Apricot Tahini Squares

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 15 dried organic apricots, rehydrated in water for 10 minutes
- 3/4 cup cooked navy beans
- 1/4 cup tahini (sesame seed paste)
- 1/4 cup maple syrup (want it sweeter? add 1 tbsp more)
- 1 tsp vanilla powder or extract
- 2 tbsp sesame seeds
- 2 tbsp shredded coconut
- 1 tbsp coconut oil
- Optional: 3 tbsp chocolate chips

Instructions:

1. Preheat oven to 375 degrees.
2. Grease an 8X8 square pan with the coconut oil.
3. In a food processor or blender, combine 7 apricots, navy beans, tahini, maple syrup, vanilla powder and sesame seeds. Blend until smooth.
4. Press mixture into a greased 8x8 square pan.
5. Chop remaining apricots into quarters and place on top of pressed mixture in pan and then sprinkle with shredded coconut.
6. Bake for 20 to 25 minutes.
7. Optional: Melt chocolate chips on stove top on low. Once squares are done, drizzle with melted chocolate.
8. Refrigerate up to a week.

Notes:

Makes 12 squares