

Hemp Seed Apricot Chews

simple
healthy
delicious

Ingredients

- 3 cups (about 1 pound) dried apricots, roughly chopped
- 1 cup chopped pitted dates
- 1 cup Nature's Earthly Choice™ Hemp Seeds
- 2 tablespoons lemon juice
- 1 teaspoon ground nutmeg
- 1 teaspoon gluten-free vanilla extract

Directions

1. Line an 8 x 8-inch pan with parchment paper and set aside.
2. Pulse all ingredients in a food processor until mixture forms a chunky paste. Transfer to prepared pan and press with a spatula to create an even thickness. Cover and chill until firm, 1 to 2 hours, and then cut into squares.

