

Homemade Larabars

Vegan, gluten-free, grain-free, refined sugar-free

Ingredients for cherry pie larabars:

Mild olive oil or vegetable oil for the pan

1 cup packed dried cherries

1/4 cup packed, pitted, soft whole dates

1 cup warm water

1 cup raw almonds

1/4 teaspoon ground cinnamon

1/8 teaspoon fine sea salt (optional)

DIRECTIONS

1. Line a 9-by-5-inch loaf pan with plastic wrap and slick it with a touch of oil.
2. Combine the cherries, dates, and warm water in a small bowl. (If the dried fruit you are using is already super soft and moist, you can skip the soaking step.) Let stand for 5 to 10 minutes, until the fruit is soft. The exact timing will vary according to the dryness of the fruit. Drain the fruit and pat it dry with paper towels.
3. Meanwhile, place the almonds in a food processor and process until finely chopped but not pastelike. Add the drained fruit, cinnamon, and salt (if using). Pulse the ingredients until the fruit is finely chopped and blended and the Larabar mixture begins to stick together and clump against the sides of the bowl and your processor starts hopping on the counter just a little bit. This could take up to 2 minutes or so.
4. Transfer the Larabar mixture to the prepared pan. Place a large piece of parchment paper, wax paper, or plastic wrap coated with nonstick cooking spray or slicked with a touch of oil atop the bar mixture and use it to spread and flatten the mixture evenly in the pan. Leave the paper or plastic wrap in place. (Alternatively, form the mixture into any size or shape you like, such as balls or mini bars.) Refrigerate for 30 minutes.
5. Using the paper or plastic lining the pan, lift the bar mixture from the pan and transfer it to a cutting board. Uncover and cut into 6 bars. Tightly wrap each bar in plastic wrap. The bars will keep at room temperature for up to 3 days, in the refrigerator for up to 3 weeks, or in an airtight container in the freezer for up to 3 months (let the frozen bars thaw for 1 hour before consuming).

LARABAR VARIATIONS:

Dark Chocolate Brownie Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup packed, pitted, soft whole dates, 1 cup warm water, 1/2 cup raw almonds, 1/2 cup raw walnuts, 3 tablespoons bittersweet or semisweet chocolate chips or chopped dark chocolate, 2 tablespoons unsweetened cocoa powder, and 1/8 teaspoon fine sea salt (optional).

Apple Pie Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup dried apples, 1/4 cup packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw pecans or walnuts, 1 1/2 teaspoons ground cinnamon, and 1/8 teaspoon fine sea salt (optional).

Cashew Cookie Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw cashews, 3 tablespoons bittersweet or semisweet chocolate chips (optional), and 1/8 teaspoon fine sea salt (optional).

Peanut Cookie Dough Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw peanuts, 3 tablespoons bittersweet or semisweet chocolate chips (optional), and 1/8 teaspoon fine sea salt (optional).

Pecan Pie Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1 cup warm water, 1/4 cup raw almonds, 3/4 cup raw pecans, and 1/8 teaspoon fine sea salt (optional).

Gingerbread Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1/2 cup raw almonds, 1/2 cup raw pecans, 3/4 teaspoon ground ginger, 1/2 teaspoon ground cinnamon, and 1/8 teaspoon ground cloves.

PB & J Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1/2 cup packed dried cherries, 3/4 cup packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw or roasted peanuts, 1/8 teaspoon fine sea salt (optional).

Cappuccino Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1 cup warm water, 1/2 cup raw almonds, 1/2 cup raw cashews, 1 tablespoon roasted coffee beans, 1/2 teaspoon vanilla extract, and 1/8 teaspoon fine sea salt (optional).

Tropical Escape Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup dried, unsweetened pineapple, 1 cup warm water, 1 cup raw cashews, 1/4 cup dried, unsweetened flaked or shredded coconut, and 1 tablespoon finely grated tangerine or orange zest (preferably organic).

Oatmeal Raisin Cookie Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup raisins, 1 cup warm water, 3/4 cup raw cashews, 3/4 cup old-fashioned or quick-cooking rolled oats, 1/2 teaspoon ground cinnamon, 1/8 teaspoon fine sea salt (optional).

Blueberry Cobbler Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup packed dried blueberries, 1/4 cup packed, pitted, soft whole dates, 1 cup warm water, 3/4 cup raw walnuts or raw pecans, 1/2 cup old-fashioned rolled oats, 1/2 teaspoon finely grated lemon zest (preferably organic), and 1/8 teaspoon fine sea salt (optional).

Carrot Cake Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1/2 cup packed, pitted, soft whole dates, 1/4 cup raisins, 1/4 cup dried, unsweetened pineapple, 1 cup warm water, 1 cup raw walnuts, 1/4 cup peeled, shredded carrots, 1/4 cup unsweetened flake or shredded coconut, 2 teaspoons coconut oil, 1/4 teaspoon ground cinnamon, and 1/8 teaspoon fine sea salt (optional).

Apricot Ambrosia Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups dried apricots, 1 cup warm water, 2/3 cup raw almonds, 1/2 cup unsweetened flaked or shredded coconut, 1/4 teaspoon ground cinnamon, and 1/8 teaspoon fine sea salt (optional)

Key Lime Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw cashews, 1/3 cup unsweetened flaked or shredded coconut, 2 tablespoons fresh lime juice, 2 teaspoons finely grated lime zest (preferably organic), and 1/8 teaspoon fine sea salt (optional).

Lemon Pie

Prepare the bars according to the above recipe, substituting the following ingredients: 1 1/4 cups packed, pitted, soft whole dates, 1 cup warm water, 1/2 cup raw almonds, 1/2 cup raw cashews, 2 tablespoons freshly squeezed lemon juice, 2 teaspoons finely grated lemon zest (preferably organic), and 1/8 teaspoon fine sea salt (optional).

Coconut Cream Larabars

Prepare the bars according to the above recipe, substituting the following ingredients: 1 cup packed, pitted, soft whole dates, 1 cup warm water, 1 cup raw cashews, 1/2 cup unsweetened flake or shredded coconut, and 1/8 teaspoon fine sea salt (optional).