

## **Almond Fig Bars**

*(Adapted from Rodale's Basic Natural Foods Cookbook)*

### **Filling:**

**12 oz dried Figs**

**1/4 cup Honey**

**1 Tablespoon Lemon Juice**

**2 Tablespoons Water**

**2 Tablespoons Orange Juice**

Place all ingredients except water into the food processor and chop until fine.

(This may form into a ball.)

Cook in a small saucepan with the water for about 10 minutes stirring occasionally. Remove from heat and set aside to cool.

### **Dough**

**1/2 cup Safflower Oil**

**1/3 to 1/2 cup Honey**

**1 Egg**

**1/2 teaspoon grated Lemon Rind**

**1 Tablespoon Lemon Juice**

**2 1/4 cups Whole Wheat Pastry Flour**

**3/4 cup Almond Flour**

**1 teaspoon Baking Powder**

**1/2 teaspoon Baking Soda**

In a large bowl mix oil and honey. Add egg and mix well. Stir in lemon rind and juice. Then, add the flour, baking powder, and baking soda and mix well.

Divide dough in half.

Preheat oven to 400 degrees

Oil a 9x13 inch cake pan.

Roll 1st dough between two, sprinkled and rubbed with flour, wax papers to 9x13. Carefully peel off top wax paper. Rub a bit more flour on this top wax paper and replace so dough does not stick. Flip over and carefully peel off the bottom wax paper and place into cake pan. (Rubbing the wax paper with flour helps to remove dough easily.) Cut off excess dough and fill in any wholes with excess dough.

Use a spatula and cover dough with filling.

Using the method above roll out the 2nd dough.

Lay this rolled out dough over the filling and cut off any excess dough.

Bake for 12 to 15 minutes, or until dough springs back when pressed lightly with a finger. Cool and cut into 1 1/2 x 2- inch bars.

Makes about 4 1/2 dozen.