



Simple | Healthy | Delicious

Hemp Seed Apricot Chews

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.