

## FROM THE KITCHEN OF SILK AND CINNAMON



### apricot oatmeal energy bars

Ingredients: 12 tbsp. butter, 1 cup dried apricots, 1.5 cups rolled oats, 1 cup flour,  
1 cup brown sugar, 1/4 tsp. salt, 1/4 tsp. cinnamon, 2 tsp. vanilla extract

Directions:

1. Preheat oven to 350 degrees. Line a 9 inch square baking pan with foil.
2. Snip the dried apricots into 1/2 inch pieces.
3. In a bowl, combine the oats, flour, sugar, salt, and cinnamon, stir well.
4. Add the snipped apricots, melted butter, and vanilla to the bowl. Mix until combined  
Dough will be moist and crumbly.
5. Dump dough into baking pan and press dough firmly down with fingers.
6. Bake until golden brown, about 35-40 minutes.
7. Let cool, then remove foil and slice into squares.