



Makes 20 bars
Preparation Time: 30 minutes
Cook Time: 2 hours

INGREDIENTS:

1 tablespoon dry millet, rinsed and drained

1 tablespoon dry quinoa, rinsed and drained

2 cups rolled oats

½ cup raw pepitas

½ cup unsalted sunflower seed kernels

1 cup [Date Paste](#)

½ cup unsweetened applesauce

½ cup finely chopped dried figs

¼ cup finely chopped dried apricots

¼ cup raisins

2 tablespoons orange zest

Crunchy Grain, Seed, and Dried Fruit Bars

These nutrient-packed dried fruit bars bake low and slow in the oven, but the active prep time is relatively short, and the end result will be a hit with kids and grown-ups alike. A hearty blend of [oats](#), millet, quinoa, pepitas, and sunflower seeds form the base of these crunchy snack squares, while dried apricots and raisins add bursts of tart fruity goodness. Applesauce and [date paste](#) add natural sweetness and act as binders, ensuring everything holds together. Keep a batch of these bars on hand to eat as an afternoon snack or to take with you on an outdoor adventure. Pro tip: They taste better the second day and store very well for about a week at room temperature in an airtight container.

Tip: To make these bars gluten-free, be sure to use certified-gluten-free rolled oats.

From [Forks Over Knives Family](#)

For more snack bar inspiration, check out these tasty ideas:

- [Gluten-Free Fig Bars](#)
- [Peanut Butter Granola Bars](#)
- [Banana Blueberry Bars](#)
- [Almond-Oat Cookie Bars with Pumpkin Frosting](#)

By Darshana Thacker Wendel

- 1 Preheat oven to 200°F. Line a baking sheet with parchment paper. In a large skillet toast millet and quinoa over medium 5 to 7 minutes or until completely dry and toasty, stirring occasionally.
- 2 Add oats, pepitas, and sunflower seeds to skillet. Cook 10 minutes or until seeds are lightly browned. Transfer toasted grains and seeds to a large bowl. Add the remaining ingredients; mix well. Spread mixture on prepared pan into an even 10×8-inch rectangle.
- 3 Bake 2 hours or until firm and crisp on top. Let cool completely on a wire rack. Cut into 20 squares.