



Makes about 16 2-inch squares

Preparation Time: 1 hours

Cook Time: 1 hours

INGREDIENTS:

SQUARES

1 cup dry farro, rinsed

1 cup date paste

¼ cup oat flour

1 teaspoon baking powder

1 tablespoon ground flaxseed

1 tablespoon pure vanilla extract

¼ cup walnuts, crushed

SAUCE

1¼ cups dried, fresh, or frozen cranberries (6 ounces)

1 cup dried, fresh, or frozen pitted cherries (6 ounces)

1 medium apple, cored and finely chopped (1 cup)

½ cup [date paste](#)

1 tablespoon arrowroot powder

2 tablespoons unsweetened, unflavored plant milk

Farro Cranberry Squares

Great for entertaining, these photogenic fruit-and-farro squares don't need added sugar to satiate a sweet tooth. They're also wholesome and nourishing enough to eat as breakfast bars. Cranberries, cherries, and apples meld together in the lip-smacking sauce. Date Paste, used in both the base and sauce, adds natural sweetness and moisture. Make your own [Date Paste](#) using our simple recipe, or pick some up at the store.

By Darshana Thacker Wendel

- 1 Cook farro according to package directions. Remove the pan from heat and let cool, then fluff the farro with a fork.
- 2 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 3 In a bowl, combine farro, date paste, oat flour, baking powder, flaxseed, vanilla, and walnuts. Mix well. The texture will be sticky and lumpy. Transfer the mixture to the baking sheet and pat it into an 8-inch square that is between ¼ inch and ½ inch thick.
- 4 Bake 20 minutes on the top rack.
- 5 Meanwhile, in a small sauce pot, combine cranberries, cherries, apple, date paste, arrowroot, and milk. Bring to a boil and simmer 5 to 10 minutes, until the fruits soften and the mixture has thickened.
- 6 Let the fruit topping cool 10 minutes. Remove baked farro square from oven. Spread the topping on the baked farro, and chill in the fridge for least an hour.
- 7 When ready to serve, cut into pieces.