

## **Nutty Fruity Bits**

- 1 1/2 c almonds, soaked overnight, then well rinsed
- 2 c pecans
- 2/3 c coconut nectar, maple syrup or honey, or some combination
- 3/4 t sea salt
- 1 t each cinnamon, vanilla
- 1/2 t grated nutmeg
- 2 each pitted dates, dried figs with stems removed
- 2 T shredded dried coconut

In a food processor, chop the nuts until chunky. Add other ingredients, except for the coconut, and pulse to combine. Pour into an 8x8-inch square pan and press down with a spoon to smooth and compress. Sprinkle on coconut flakes and press once more. Refrigerate or freeze to harden. Cut into bite-sized squares and serve with tea or coffee. Makes 36 small servings.

**Jittery Cook**