

Fig Bars - Lectin Free

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In bowl beat well:

¼ cup Olive Oil¹

½ tsp Salt

1 TBS Vanilla²

⅔ cup Honey

Stir and mix in³:

1 cup Millet Flour⁴

1½ cup Almond Flour

Cut up and blend:

2 cups Figs

1½ cups Water

Place half of the dough onto an oiled 9 x13 flat casserole dish. Cover with plastic wrap and roll out evenly, removing the plastic when finished. Add the fig mixture and spread evenly. Put the other half of the dough in the center of a piece of plastic wrap and roll into a rectangle the size and shape of the dish. Place the dish beside the dough. Pick up the two corners of the plastic farthest from the dish and flip the dough onto the fig mixture and tuck in the edges. Cut into bars and bake at 350° for 30 minutes.

1 First cold pressing. Do not use lecithin.

2 Do not use lemon juice.

3 When the dough becomes stiff, mix with your hands.

4 Do not use any kind of oat or wheat flour.