



THE ingles TABLE

Chef Katie Cherry Snack Bars

Shopping List

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/3 cup packed brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- 4 Tablespoons coconut oil
- 1 teaspoon vanilla extract
- 2/3 cup almond (or other) milk
- 1 cup dried cherries
- 1/2 cup water

Cooking Instructions

1. Place the dried fruit and water in a saucepan. Simmer slowly over low heat until the fruit incorporates most of the water. Place fruit in the food processor and process until smooth. Spread the mixture onto a ceramic plate, and place in the fridge to cool.
2. Place flours, oats, brown sugar, baking powder, and kosher salt in the bowl of a food processor. Pulse a few times to combine ingredients.
3. Add the coconut oil. Pulse the food processor five or six times to cut the oil into the flour mixture.
4. Turn the food processor on, and while the motor is running, add vanilla to almond milk, and slowly pour in the almond milk into the flour mixture. Pulse the mixture until it comes together in large clumps.
5. Dump dough mixture out onto a sheet of plastic wrap. Pulling up the sides of the plastic wrap, form the dough into one large rectangle. Wrap tightly, and chill in the refrigerator for about 30 minutes.
6. Preheat your oven to 350 degrees. Line a sheet pan with parchment paper, and set aside.
7. Remove the dough from the fridge, unwrap, and cut into two equal pieces. Dust your work surface with flour, and sprinkle the top of the dough with flour as well.
8. Roll each piece into a 13 by 4 inch rectangle. Spread half of the fruit mix evenly down each rectangle.
9. Fold one long side of the dough over the fruit mixture. Brush the edge with water, and fold up the other side. Press gently to seal the dough together. Repeat the process with the other rectangle.
10. Turn the whole package over, so it is seam side down. Cut each package into seven rectangles, trimming up the edges.
11. You should get fourteen bars. Place on the prepared tray.
12. Bake at 350 for 15-20 minutes. They should be slightly firm to the touch.



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