



# RECIPE

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**“GENUINELY ALL NATURAL”**

BREAKFAST

## APRICOT WALNUT CEREAL BARS

### PRODUCTS USED



WALNUTS



DRIED  
APRICOTS

### Ingredients

3 cups old-fashioned rolled oats	12 ounces silken tofu, drained (about 1 1/3 cups)
1/2 cup chopped Aurora walnuts, (about 2 ounces)	1 large egg
3 cups unsweetened puffed-grain cereal, such as Kashi	1/2 cup canola oil
2 cups chopped Aurora dried apricots	1 cup honey
1/4 cup all-purpose flour	1 tablespoon vanilla extract
1/2 teaspoon salt	2 tablespoons freshly grated lemon zest

### Directions

Preheat oven to 350°F. Coat a large (15 1/4-by-10 1/4-inch) jellyroll-style pan with cooking spray.

Spread oats and walnuts on a baking sheet with sides. Bake until fragrant and light golden, 8 to 10 minutes. Transfer to a large bowl and add puffed cereal, dried apricots, flour and salt; stir to combine.

Meanwhile, puree tofu, egg, oil, honey, vanilla and lemon zest in a food processor or blender until smooth, scraping down the sides as needed. Make a well in the center of the oat mixture; fold in the tofu mixture until combined. Spread evenly in the prepared pan.

Bake until firm in the center and golden brown, 35 to 40 minutes. Let cool completely in the pan on a wire rack before cutting into bars with a sharp knife.

Yield: 16 servings