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▶▶▶▶ January 2013 ◀◀◀◀

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# Apricot-Walnut Cereal Bars

**Prep Time:** 15 mins

**Cook Time:** 50 mins

**Total Time:** 1 h 5 mins

## Ingredients

- 1 dash(es) cooking spray, to coat pan
- 3 cup(s) oats, rolled, old-fashioned
- 1/2 cup(s) nuts, walnuts, chopped, (about 2 ounces)
- 3 cup(s) cereal, whole-grain, unsweetened puffed-grain, such as Kashi
- 2 cup(s) apricot(s), dried
- 1/4 cup(s) flour, all-purpose
- 1/2 teaspoon salt
- 12 ounce(s) tofu, soft silken-style, drained, (about 1 1/3 cups)
- 1 large egg(s)
- 1/2 cup(s) canola oil
- 1 cup(s) honey
- 1 tablespoon vanilla extract
- 2 tablespoon lemon zest, freshly grated



## Preparation

1. Preheat oven to 350°F. Coat a large (15 1/4-by-10 1/4-inch) jellyroll-style pan with cooking spray.
2. 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.
3. 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.
4. 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.