



A blog by California Giant Berry Farms



Prep Time

4-6 hours



Total Time

8 hours



Servings

10



Calories
per serving

204

Homemade Blueberry Larabars

Ingredients

1 cup pecans

½ cup cashews

1 ½ cups Natural Delights Medjool Dates

2 cups California Giant blueberries

1 tsp vanilla extract

Instructions

You can buy dried blueberries, but I prefer to dehydrate my own blueberries so I know there are no preservatives in them. To do this, bake your fresh blueberries at 175 degrees for 4-6 hours (depending on your oven). The result should be chewy.

Combine all of your ingredients in a food processor until a paste forms. Make sure not to over process. You still want to see the individual nuts and berries.

Line a 9x5" pan with wax paper. Press mixture into pan (I used another piece of wax paper on top to help flatten evenly). Refrigerate for a few hours.

Cut into rectangles or squares and store in the refrigerator. These bars are very dense, so a little square goes a long way!

