

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: There Won't Be Many Left Over When you Share This Delicious Recipe!

Bake a Double Batch:

Nutty Fruit Granola Bars

- 1 Cup Raw Almonds
- 1 Cup Raw Pecans
- 3 Cups Oatmeal, Divided
- ¼ Cup Whole Wheat Flour
- 1 ½ Cups Chopped Dried Fruit
- 4 Large Eggs
- ½ Cup Dark Brown Sugar
- 2 TB Canola Oil
- 1 ½ Tsp Cinnamon
- ½ Tsp Allspice
- ½ Tsp Sea Salt
- 2 Tsp Vanilla Extract

Step One Preheat the oven to 350F. Line a 9" x 13" pan with foil, allowing it to overhang from the sides. Coat with non-stick cooking spray.

Step Two Place the nuts and the oatmeal on a large baking sheet

with sides. Bake for 10 minutes or until toasted, stirring once. Chop finely in a food processor.

Step Three Place the flour and 2 cups of the oatmeal in the processor and pulse until smooth. Combine with the dates, nuts and remaining cup of whole oatmeal.

Step Four Whisk together the eggs, brown sugar, oil, cinnamon, allspice, salt, and vanilla extract in a large bowl. Stir in the oatmeal-almond mixture until well mixed. Spray your fingers with nonstick spray and pat the batter into the prepared pan.

Step Five Bake for 30 minutes or until golden brown. Cool on a rack for an hour. Using the foil as handles, remove from the pan. Cut into bars with a serrated knife. To store for the

week, wrap bars individually in plastic wrap and keep in the frig.

2 Kitchen Smidgen

Dates are a great choice for these bars. Did you know they come from a palm tree? Over 1500 date palm varieties are grown around the world. All parts of the tree have uses, from the leaves for Palm Sunday processions in Italy to building huts in North Africa. Humans are not the only species to eat dates - in the Sahara desert, dates are fed to camels, horses and dogs.

3 Get Creative

Did you know that by toasting the oatmeal we are making it crunchier and nutty tasting? Try this trick with your own recipe for oatmeal cookies - they will taste even better!

4 WINE of the Week

Bellini Vin Santo

Tuscany, Italy (500 ml)

Total Wine around \$25.00

In Italy they have a lovely afternoon custom of eating a small piece of not-too-sweet cake or biscotti with a tiny glass of Vin Santo. This break holds you over until a later dinner and definitely "perks" up conversation. You can embrace this ritual by enjoying a granola bar and a sip of this toffee flavored, nutty and honey tasting wine.