

# Jackson Bars - BLUEBERRY CASHEW

## *Ingredients*

- FOR NUT MIXTURE:
- 2 cups whole roasted\* unsalted cashews
- 3/4 cups roasted\* almonds, chopped (or put in a plastic baggie and beat with a mallet)
- 1/2 cup dried blueberries
- 3/4 cup organic crispy rice cereal (cocoa) or 1/2 cup puffed millet
- 1 tablespoon flaxseed meal
- 3 Tablespoons organic Chia seeds
- Optional – 3 tbsp shredded coconut
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- FOR SYRUP:
- 2/3 cup organic brown rice syrup
- 1/4 cup organic coconut oil
- 1/4 teaspoon salt
- 1 teaspoon vanilla

## *Directions*

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\*IF NUTS AREN'T ALREADY ROASTED:

Preheat oven to 350 degrees. Spread nutson large baking sheet and bake for 10 min. until lightly toasted and fragrant.

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Add toasted nuts and blueberries to large bowl; breaking apart clumps of fruit to distribute evenly throughout mix. Add crispy rice, chia seeds and flaxseed meal. Stir to combine; set aside.

1. Combine the coconut oil and brown rice syrup in a saucepan over medium heat, and bring the mixture to a rolling boil. Boil for one minute, stirring (with a flat spatula), then remove from the heat and stir in the vanilla extract and salt. Have the nut mixture in a large mixing bowl and stir in the boiled syrup mixture until the cereal is well-coated.
2. Line a 9-inch baking sheet with parchment paper to prevent sticking, then spread the coated nut mixture in the pan. Use an additional piece of parchment paper over the top of the mixture, to keep your hands from getting sticky, then press **HARD** to pack the mixture tightly into the bottom of the pan. The harder you press, the better.
3. Place into the refrigerator to cool for 30 minutes, then remove the pan and cut into bars with large knife or pastry cutter.
4. Store any leftover bars in a sealed container in the fridge for best shelf life, with parchment paper in between layers.