

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Very Cherry Bars

Contributed by Coach Amy via Enlightened Cooking

1/4 cup chopped dates (roughly chopped whole dates, not pre-chopped)
1/4 cup dried cherries or dried cranberries
1/3 cup whole pecans, almonds or walnuts
1/8 teaspoon cinnamon

Set out two pieces of plastic wrap for shaping and wrapping the bars. Do this first; you'll have sticky fingers when you need it. Place the dates and cherries in a food processor. Pulse until processed to a paste. Transfer paste to a medium bowl (don't clean processor).

Add the nuts to the processor and pulse until finely chopped. Add the nuts, along with the cinnamon, to the bowl with the fruit paste. Use your fingers to knead the nuts into the paste (just keep squishing, it's fun; brings back memories of play-dough).

Divide mixture in half. Place each half on each of one of the sheets of plastic wrap. Wrap the plastic around each bar and start squishing into a bar shape form, 3 and 1/2 inches long, 1 inch wide and 3/4-inch thick); press against countertop to flatten bottom side, flattening top side and ends with flat of hand. Tightly wrap the plastic around each bar and store in the refrigerator. Makes 2 bars.

Variations:

- Apricot-Almond. Use 6 tablespoons coarsely chopped dried apricots and 2 tablespoons date (to measure 1/2 cup total); use almonds for the nuts.
- Tropical. Use tropical fruit bits (these come pre-packaged at the supermarket); use raw cashews for the nuts. Add 1/8 teaspoon ground ginger, 1/2 teaspoon finely grated lime zest, and 1 teaspoon fresh lime juice to the mix.
- PB & J (cheap and delicious!). Use 1/4 cup dried cherries or cranberries and 1/4 cup raisins or dates; use raw or roasted peanuts (lightly salted or unsalted) for the nuts.
- Blueberry Bliss. Use 1/4 cup dried blueberries and 1/4 cup dates; use almonds for the nuts. Add 1/2 teaspoon finely grated lemon zest, and a drop of almond extract to the mix.
- Cashew Cookie Dough. Reverse the proportions of fruit to nuts—Use 1/3 cup dates for the fruit and 1/2 cup raw cashews for the nuts.
- Chocolate Chip Cookie Dough. Same as cashew cookie dough, but add 1/2 teaspoon vanilla extract, pinch of cinnamon and 1/2 ounce very finely chopped semisweet or bittersweet chocolate to the mix.
- Pistachio Heaven. Same as cashew cookie dough, but use raw pistachios and add a tiny drop of almond extract.



www.eliteathletic.com • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004

Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005