

THREE SEASONS AYURVEDA



Super Digestive Prune Bars

Prunes are warm, sweet, heavy and full of iron and fiber, and the addition of the whole grains, digestive spices and ghee promotes elimination and the release of toxins from the body because of their laxative qualities.

Equipment Needed

8 x 8" Pyrex or baking pan
Food Processor
Rubber Spatula
Measuring cup and spoons

Ingredients

Pan spray
2 cups pitted prunes, finely chopped
1 cup apple juice
1/2 cup of water
1 teaspoon ground cardamom
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice or clove
1 teaspoon almond extract
1/4 cup whole-wheat flour
1/4 cup rolled oats (preferably instant or quick cooking)
1/4 cup flax seed meal
1/4 cup oat bran
1/4 cup Jaggery (Indian sugar), coconut or palm sugar
1 teaspoon bake powder
1 teaspoon salt
2 tablespoons ghee
3/4 cup warm water (place the ghee here and let melt)

Directions

1. Pre-heat oven to 350 and use a pan spray or oil to lightly coat the baking pan.
2. Simmer the prunes and spices in the apple juice and 1/2 cup of water, uncovered until thick, about 30-40 minutes, add the almond extract at the end and set aside to cool down. When warm place in a food processor and make a paste.
3. Mix the remaining dry ingredients together
4. Place the ghee in a bowl and add 3/4 cup of warm water and let melt.
5. Combine the dry ingredients and ghee-water together and mix well.
6. Press the dough into the baking pan and bake for 2-30 minutes until slightly crisp and brown, let cool.
7. Spread the prune paste on the top of the cool dough and place in refrigerator for a minimum of 1 hour.
8. Cut into bite size pieces.