

Breakfast

## Blueberry Nut Squares

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**Serves:** 12

**Preparation Time:**

**Ingredients:**

1 cup unsulfured dried apples  
1/2 cup soy, hemp or almond milk  
1/4 cup raw cashew butter  
4 medjool dates, pitted or 8 diglet noor, finely chopped  
2 cups blueberries, fresh or frozen  
2 cups old fashioned oats  
1/4 cup walnuts, finely chopped  
1/4 cup pecans, finely chopped  
1/4 cup shredded coconut  
1/4 cup currants

**Instructions:**

Soak the dried apples in non-dairy milk until softened, at least 30 minutes. Blend in a high-powered blender along with cashew butter until smooth. Pour into a large bowl. Add remaining ingredients and mix until well combined.

Pour into a 9 X 9 inch baking pan and bake at 300 degrees F for 30 minutes. Cool and cut into squares.

**Per Serving:**

CALORIES 193; PROTEIN 4g; CARBOHYDRATES 29g; TOTAL FAT 8.4g; SATURATED FAT 2.1g; SODIUM 14mg; FIBER 4.1g; BETA-CAROTENE 17ug; VITAMIN C 3mg; CALCIUM 19mg; IRON 4.2mg; FOLATE 12ug; MAGNESIUM 33mg; ZINC 0.6mg; SELENIUM 1.8ug

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