



Cranberry Date Bars

Process

1. Preheat oven to 350°F.
2. Filling: Combine dates, cranberries, water, and maple syrup in saucepan over medium heat.
3. Heat until liquid has absorbed, and the fruit is soft. Add vanilla and almond extract. Remove from heat and set aside.
4. Oat base/topping: Combine flour, oats, brown sugar, baking soda, and salt to a medium mixing bowl. Stir to combine.
5. Add in butter and mix until combined.
6. Press half of mixture into a 9x13 pan. Bake for 8 minutes.
7. Spread cranberry/date mixture over crust. Sprinkle remaining crumb mixture on top.
8. Bake for 20-25 minutes, or until crust is golden brown.



Ingredients

- 10 oz chopped dates, pitted
- 1 cup **MicroDried Whole Cranberry HM**
- 1/2 cup water
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/4 teaspoon almond extract
- 2 cups AP flour
- 2 cups rolled oats
- 1 1/2 cups brown sugar, packed
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, melted and slightly cooled



Shaved Brussels Sprout Salad with Cranberries

Ingredients

- 4 cups shaved brussels sprouts
- 1/3 cup **MicroDried Cranberry Fragments**
- 1/2 cup shaved parmesan cheese
- 1/2 cup crispy chickpeas
- 1/2 cup glazed pecans
- 1/3 cup olive oil
- Juice of a lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- Salt and pepper to taste



Process

1. Add brussels sprouts, cranberry fragments, parmesan, chickpeas, and pecans to a large bowl.
2. Combine olive oil, mustard, honey, Italian seasoning, garlic powder, salt and pepper to a small mason jar. Cover with lid and shake until combined.
3. Add dressing to salad mixture and mix until combined. Let sit 10-15 minutes before serving.