

Fruit Bars (A Diet for All Reasons cookbook by Paulette Eisen)

2 cups brown rice, cooked
1 banana
1 cup raisins
1 cup dates, chopped
½ cup whole-wheat or rice flour
1 ½ cups water
¼ cup maple syrup
1 t salt
1 T cinnamon
2 t lemon extract
1 t vanilla
4 cups granola

Blend brown rice in as small amount of the water as possible. Blend in the banana then add the raisins and dates and blend until smooth adding the balance of water as you blend. Do not add more water, but stop blender and push mixture with spoon until it will blend. Pour into large bowl and add all of the ingredients except granola.

Place granola in plastic bag and roll with rolling pin until medium course then add mixture. Pour into a 9x13 pan, which has been oiled and then dusted lightly with flour and then bake at 400 degrees F for 15 minutes or until fork comes out clean.