

Homemade Blueberry Muffin LÄRABARs

<http://userealbutter.com/2012/04/11/homemade-blueberry-muffin-larabar-recipe/>
based on the [LÄRABAR site](#)

1 cup dried blueberries
1 cup dates, pitted (use Medjools over Deglets – they bind better)
2 cups cashews
1 lemon, grated zest of
1/2 vanilla bean, seeds of

Chop the blueberries in a food processor. I would say until they become a semi-paste, but mine never got to that state. If you whirl them around for a bit and nothing seems to change, stop the processor and examine one of the berries – if it is cut up in several places, it should be ready and will combine easily when mixed. Place the blueberries in a large mixing bowl. Chop the dates in the food processor until gooey and scrape those into the mixing bowl with the blueberries. Chop the cashews in the food processor until they resemble coarse crumbs. Empty the cashews into the mixing bowl. Add the grated lemon zest and the vanilla bean seeds to the fruits and nuts. Mix thoroughly by hand (knead it if you have to) and press into an 8 or 9-inch baking pan to about 1/2-inch thickness. Refrigerate for 30 minutes then turn the square out onto a cutting board. Slice to desired size and shape. Makes 10 1.7 x 4.25-inch bars.