

Healthy Granola Bars: Servings 10 (bars)

PREP TIME: 15 minutes

COOK TIME: 15 minutes

TOTAL TIME: 30 minutes

Ingredients

- 1.5 cups rolled oats, gluten free
- 1/2 cup raw roughly chopped nuts: walnuts, almonds or pecans
- 1 heaping packed cup dates, pitted, deglet noor or medjool*
- 2 Tbsp chia seeds
- 2 Tbsp sunflower seeds, roasted or raw
- 2 Tbsp flax seeds, ground
- 2 Tbsp hemp seeds
- 1/4 cup maple syrup
- 1/4 cup creamy salted nut or seed butter
- *Optional: dark chocolate non-dairy chips such as Enjoy Life brand*

Instructions

1. Toast your oats and almonds in a 350-degree F (176 C) oven for 13-15 minutes or until slightly golden brown.
2. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.
3. Place oats, almonds and dates in a large mixing bowl. Add seeds and set aside.
4. Warm maple syrup and nut or seed butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout. Use a spoon or your hands to thoroughly mix.
5. Transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily.
6. Cover with parchment or plastic wrap and press down with something flat, such as a book, to get them really packed tight. This will help them from being crumbly. Chill in the fridge or freezer for 15-20 minutes to harden.
7. Remove bars from the dish and chop into 10 even bars. Store in an airtight container for up to a few days. Freezer friendly = 1 month

*If your dates don't feel sticky and moist, soak them in hot water for 10 minutes then drain before processing. This will help hold the bars together better.

Adapted from minimalistbaker.com