

5-INGREDIENT GRANOLA BARS

Prep Time 10 minutes	Cook Time 5 minutes	Level Easy
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Ingredients:

- 1 heaping cup packed dated, pitted
- ¼ cup maple syrup or agave nectar
- ¼ cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, chopped
- 1 ½ cups rolled oats
- Chocolate chips, dried fruit, nuts, banana chips, vanilla, etc. optional

Directions:

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency.
2. **Optional step:** Toast your oats (and almonds if raw) in a 350-degree F oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw.
3. Place oats, almonds, and dates in a large mixing bowl - set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8 by 8 inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily.
6. Press down firmly until uniformly flattened. Use something flat like a drinking glass, to press down and really pack the bars, which helps them hold together better.
7. Cover with parchment or plastic wrap, and let firm up in the fridge or freezer for 15-20 minutes.
8. Remove bars from the pan and chop into 10 even bars. Store in an airtight container for up to a few days.



