

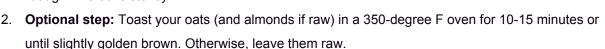
5-INGREDIENT GRANOLA BARS

Ingredients:

- 1 heaping cup packed dated, pitted
- ½ 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:

 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 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.



