

NO BAKE GRANOLA BARS

Serves 10

INGREDIENTS

- 1 cup packed dates, pitted
- 1 1/2 cups rolled oats
- 1 cup roasted unsalted almonds, loosely chopped
- 1/4 cup honey (or sub maple syrup)
- 1/4 cup creamy peanut butter or almond butter



DIRECTIONS

1. Optional step: Toast oats in the oven at 350°F for 15 minutes or until golden brown.
2. Blend dates in a food processor until smooth (about 1 minute). Dates should form a dough-like consistency. Put oats, almonds, and dates in a bowl—set aside.
3. Warm honey and peanut butter in a small pan over low heat. Stir until completely melted. Pour over oat mixture and mix, spreading the dates throughout.
4. Once mixed, pour into an 8x8 dish lined with plastic wrap or wax paper. Press until flat. Cover, and place in the refrigerator or freezer to harden (15 min). Once hardened, chop into 10 even bars. Store in an airtight container.

NUTRITION INFORMATION PER SERVING (Serving Size 1/10 Recipe)

Calories: 217, Total Fat: 8g, Saturated Fat: 1g, Carbohydrate 31g, Fiber: 4g, Sugar: 19 g, Protein: 6g

Source:

<http://minimalistbaker.com/healthy-5-ingredient-granola-bars/>
