

# SUPER SPEEDY GRANOLA BARS

---

Serves 16

## INGREDIENTS

- 1½ cups quick-cooking oats
- ½ cup sliced almonds
- 3 tablespoons chia seeds
- ¼ cup hemp seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup unsalted peanut butter
- ½ cup honey
- 1 teaspoon vanilla extract



## DIRECTIONS

1. Line a 9-by-9-inch square pan with parchment paper or plastic wrap with enough over hang for easy removal.
2. In a large mixing bowl, combine oats, almonds, chia seeds, cinnamon and salt.
3. In a separate bowl, whisk together peanut butter, honey and vanilla extract until very smooth.
4. Pour liquid mixture over dry ingredients and, using a wooden spoon, stir until evenly combined.
5. Transfer the mixture to the prepared pan. Using the back of a wooden spoon or an offset spatula, firmly press the mixture evenly into the pan.
6. Cover and refrigerate for at least one hour or overnight.
7. Gently lift the parchment or plastic overhang to remove from pan and slice into 16 bars.
8. Enjoy immediately or wrap individual bars in plastic wrap or parchment paper and place in a freezer-safe bag to store in the fridge or freezer.

## NUTRITION INFORMATION PER SERVING (Serving Size 1/16 recipe)

Calories: 209, Total Fat: 13g, Saturated Fat: 2g, Carbohydrates: 20g, Fiber: 3g, Sugar: 11g, Protein: 7g

## SOURCE:

[foodandnutrition.org](http://foodandnutrition.org)

---