

Simple Granola Bar

Yield: 10 servings

Ingredients

1 cup pitted dates
1 cup almonds, unsalted
¼ cup maple syrup
¼ cup creamy peanut butter,
no sugar added
¼ teaspoon salt
2 cups rolled oats

Instructions

1. Heat oven to 350 degrees.
2. Line an 8x8 baking dish with parchment paper.
3. In a large food processor, add the dates and almonds. Process until it forms fine crumbs.
4. Add the maple syrup, peanut butter and salt and process until mixture is well combined. Pour mixture into a medium mixing bowl.
5. Add oats to the mixing bowl and stir until combined.
6. Pour mixture into the prepared baking dish and push the mixture down until it is packed down.
7. Place the dish in the oven and bake for about 18 minutes, until the bars start to get lightly brown around the edges.
8. Let granola cool in the pan and then once cooled, remove the whole granola square from the pan and place it on a large cutting board.
9. Using a large chef's knife, cut the granola square into 10 bars.

Nutrition Information

Serving Size: 1 bar

Calories: 273
Total Fat: 12.2 g
Saturated Fat: 1.4 g
Monounsaturated Fat: 6.9 g
Polyunsaturated Fat: 2.2 g
Sodium: 71.9 mg
Total Carbohydrate: 37.1 g
Dietary Fiber: 5.3 g
Sugars: 19.4 g
Protein: 7.7 g

Source: Adapted from Health Meets Food



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