



Simple Granola Bar

An easy, less expensive way to have granola bars on hand.

U.S.

1 1/2 cup
1 cup
1 cup
1/4 cup
1/4 cup

Rolled Oats
Dates, pitted
Roasted Nuts, unsalted, roughly chopped
Peanut Butter, creamy, no sugar added
Honey

Metric

340 g
225 g
225 g
60 mL
60 mL

Preparation:

1. Gather all ingredients and equipment.
2. Toast oats in oven for about 15 minutes or until slightly golden brown.
3. Check to make sure the dates are pitted. To pit, tear the date in half, lengthwise, and remove hard pit. Discard.
4. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.
5. With clean hands, combine the oats, dates, and roasted nuts. Make sure to break up the pureed dates to disperse thoroughly through mixture.
6. Warm the peanut butter and honey in the microwave for ~30 seconds or until liquid consistency. Stir and mix into the other ingredients.
7. Once thoroughly combined, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper to prevent sticking. Press mixture into an even layer and refrigerate for 10 minutes.
8. Remove bars from pan and cut into 12 bars. Store in airtight container for up to 7 days. To keep them extra fresh for longer, wrap individually in parchment or plastic wrap, and store in the freezer for a delicious healthy on-the-go snack.

Nutrition Facts

12 Servings

Serving size **1 bar**

Amount per serving

Calories **190**

Calories from Fat 80

Total Fat 9 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 20 mg

Total Carbohydrate 26 g

 Dietary Fiber 3 g

 Total Sugars 16 g

 Includes 6 g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 5 %

Phosphorus 51 mg
