

## CHEWY GRANOLA BARS

If you've got that itch to bake, then whip up something to benefit your day! You can use these simple granola bars for a breakfast option, maintain your hunger level during a commute, or energize a run. These bars are no-bake and have an excellent ratio of carbohydrate, protein, and healthy fat. The ingredient list is minimal, which makes this recipe even better. You can make substitutions if you'd like for the peanut butter (almond or other blends) and almonds (cashews, pecans, pistachios, sunflower seeds...), and even throw in some dried fruit, dark chocolate, chia seeds, or coconut. Yum!

### RECIPE

1 cup packed dates, pitted  
1/4 cup local honey  
1/4 cup natural peanut butter  
1 cup almonds, loosely chopped  
1 1/2 cups rolled oats  
1/4 tsp cinnamon  
1/8 tsp salt

Process dates in a food processor until a "dough" like consistency. Place oats, almonds, and dates in a bowl- set aside. Warm the honey, peanut butter, cinnamon, and salt in a small saucepan over low heat for about 1-2 minutes. Stir and pour over the oat mixture and combine. Transfer into an 8X8 baking dish or other small pan lined with plastic wrap. Press down REALLY REALLY well. Cover with plastic wrap, and let set in the freezer for about 30 minutes to harden. Freezing allows for stress-free cutting without crumbling. Remove bars from the pan and chop into 10 bars. Each granola bar is approximately 200 calories and 6g protein. Enjoy!

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