



5 Ingredient No Bake Granola Bars



Warmer weather will bring us more time to play outdoors, trips to the park and long walks. An energy packed snack is always a good idea to take along on your adventures.

This recipe is so simple and easy to put together that your children can help with most of the preparations and all the eating.

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| 1 cup | pitted dates, packed |
| 1/4 cup | maple syrup or honey |
| 1/4 cup | peanut butter or other nut butter |
| 1 cup | roasted almonds, chopped |
| 1 1/2 cups | rolled oats |
| 1 cup | any other nuts, dried fruit (cranberries, raisins), |
| seeds or | chocolate chips |



- Chop dates finely or use a food processor
- Slowly warm nut butter and syrup or honey, on low heat in a small pot on stove or glass bowl in microwave. Stir until well blended.
- Mix together chopped almonds, oats, dates and any extras you like.
- Pour nut butter/syrup mixture over dry ingredients and blend well.
- Pour mixture in to a 9x9 baking pan lined with parchment paper or plastic wrap, pressing very firmly into pan.
- Refrigerate until firm. Remove from pan and cut into bars.
- Wrap each bar individually and store in an airtight container for a few days or in the freezer for a month.
- **Enjoy!**



Recipe adapted from minimalistbaker.com

