

Healthy 5-ingredient granola bars

by Minimalist Baker

<http://minimalistbaker.com/healthy-5-ingredient-granola-bars/>



Time to make

15 minutes

(+ optional 15 minutes to bake)

Makes 10 bars

Ingredients

- 1 cup packed dates (*deglet nour* or *medjool*), pitted and processed in a food processor until small chunks remain; these should form a dough-like consistency.
- ¼ cup honey (for the vegan option, substitute maple syrup or agave syrup)
- ¼ cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 ½ cups rolled oats (gluten-free for GF eaters)
- + *Optional:* Toast your oats in a 350°F oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw.
- + *Optional:* Add chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

Recipe

- 1 Place oats, almonds, and dates in a bowl, and set aside.
- 2 Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- 3 Transfer to an 8x8-inch dish or other small pan lined with plastic wrap or parchment paper (so the bars will lift out easily). A loaf pan might work, but will yield thicker bars.
- 4 Press down until uniformly flattened. Cover with parchment or plastic wrap, and set in fridge or freezer for 15–20 minutes.
- 5 Remove from pan and cut into 10 even bars. Store in an airtight container for up to a few days.
- 6 Pack them up for your after-gym sustenance. Feel smug that you resisted the *Twix*®, which has way more saturated fat and far less fiber.

