

Snack:

5 Ingredient Granola Bar

This easy granola bar will save you that extra penny on snacks for the next week or two AND still be delicious all at the same time!



INGREDIENTS

1 cup packed dates, pitted (remove seeds if needed)

1/4 cup honey (or sub maple syrup or agave for vegan option)

1/4 cup creamy salted natural peanut butter or almond butter

1 cup roasted unsalted almonds, loosely chopped

1 1/2 cups rolled oats (gluten free)

Optional Additions: chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

3 tbsp. coconut oil

CHEF'S TOP TIPS

TOAST OATS IN OVEN FOR 15 MINUTES TO GIVE IT A RICH TOASTED FLAVOUR!

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. Then, place oats, almonds and dates in a bowl - 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. Once thoroughly mixed, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
3. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for at least 30 minutes to harden.
4. Remove bars from pan and chop into 10 even bars. Note: Make sure bars are set or they will crumble when cutting. Store in an airtight container in the fridge for up to a few days.