

Hearty Granola Bars

Nutrient Rich Dishes

Source: <https://ohsheglows.com/2014/05/20/feel-good-hearty-granola-bars/>



SERVES:
14 - 16



PREP TIME:
15 MINS



COOKING TIME:
23 - 27 MINS



CALORIES:
186 CAL

INSTRUCTIONS

1. Preheat the oven to 350°F. Lightly grease a large rectangular baking dish (approx. 8.5" x 12.5") and line with a piece of parchment paper so the bars are easier to lift out.
2. In a large bowl, mash the banana until smooth. Stir in the vanilla.
3. Place the rolled oats into a food processor (or blender on the lowest speed) and pulse until the oats are coarsely chopped (but still with lots of texture). Stir oats into the banana mixture.
4. Chop the walnuts and cherries and stir these and the rest of the ingredients into the banana-oat mixture until thoroughly combined.
5. Spoon mixture into prepared dish. Press down until compacted and smooth out with hands until even. Use a pastry roller to smooth out if desired.
6. Bake for 23 to 27 minutes until firm and lightly golden along the edge. Place dish on a cooling rack for 10 minutes then carefully slide a knife to loosen the ends and lift out. Place granola slab on a cooling rack for 10 minutes and then into the freezer for another 10 mins.
7. Slice into bars once they are cool.

These lightly-sweet granola bars are a great option for a grab and go snack that will keep you full of energy.

INGREDIENTS

- 1 1/2 cups mashed ripe banana
- 1 teaspoon pure vanilla extract
- 2 cups rolled oats
- 1/2 to 3/4 cup dried cherries, chopped
- 1/2 cup walnuts, chopped
- 1/2 cup sunflower seeds
- 1/2 cup shelled pumpkin seeds
- 1/2 cup sliced almonds
- 1/4 cup hulled hemp seeds
- 1 teaspoon cinnamon
- 1/4 teaspoon pink Himalayan salt