

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



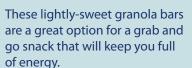
23 - 27 MINS



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.

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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

