



Super Seedy Granola Bars (servings 20 bars)

Ingredients

3 cups rolled oats

1 cup raw almonds - *roughly chopped*

2 cups pitted dates heaping packed*

1/2 cup dried cranberries

4 Tbsps poppy seeds

4 Tbsps sunflower seeds - *roasted, or raw*

4 Tbsps flax seeds - *ground/whole*

4 Tbsps hemp seeds

1/2 cup agave or maple syrup

1/2 cup creamy salted natural peanut butter, or almond butter

Preparation

- Preheat oven to 350 degrees F
- Toast the oats and almonds for 13-15 minutes, or until slightly golden brown.
- Process dates in a food processor (*about 1 minute*) until small bits remain. It should form a “dough” like consistency that can be rolled into a ball.
- Place oats, almonds, cranberries and dates in a large mixing bowl. Add flax hemp sunflower and poppy seeds and set aside.
- Warm agave and nut butter in a small saucepan over low heat. Stir constantly until the mixture has softened.
- Using a spoon, or your hands, thoroughly mix the ingredients. Pour the agave and nut butter mixture over the oats, almonds and dates, and combine. Be sure to break up the dates to ensure they’re dispersed throughout.
- Transfer to an 8×8 dish, or other small pan, lined with plastic wrap, or parchment paper, so they lift out easily.
- Cover with parchment, or plastic wrap and press down with something flat to compress the mixture until tightly packed. This will help prevent them from crumbling.
- Chill in the fridge, or freezer, for 15-20 minutes to harden.

(continued)



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- Remove bars from the dish and chop into even bars. They can be stored in an airtight container for a few days, or kept in the freezer until ready to consume.

**Note: If dates don't feel sticky and moist, soak them in hot water for 10 minutes, drain before processing. This will help hold the bars together.*