



SOFT & CHEWY

BAKED GRANOLA BARS

Makes 10 servings

Ingredients

- ¾ cup of oats
- 1 cup of water
- ¾ cup packed pitted dates
- ½ cup chia seeds
- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin (or squash) seeds
- ¼ cup dried cranberries, finely chopped
- 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract

Directions

1. Preheat the oven to 325 degrees and line a 9-inch square pan with two pieces of parchment paper, one going each way.
2. Add rolled oats into a high-speed blender. Blend until a fine flour forms. Add oat flour into a large bowl.
3. Add water and pitted dates into blender. Blend the dates and water until super smooth. Allow the dates to soak for 30 minutes if they are a bit firm or your blender has a hard time blending the dates smooth.
4. Add all of the ingredients into the bowl with the oat flour and stir well until combined.
5. Scoop the mixture into the pan and spread it out with a spatula as evenly as possible. Use lightly wet hands if needed.
6. Bake at 325 degrees for about 23-25 minutes or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and place on a cooling rack for another 5-10 minutes. Slice and enjoy!

Tips

Chia seeds are a great source of fiber and heart healthy fats! Add them to smoothies, granola bars, or overnight oats to add a boost of nutrients!

Pumpkin seeds (or pepitas) are also a great source of healthy fats as well as magnesium which supports bone health and good immunity!

Serving Suggestions

→ Keep leftovers in the fridge or freezer if keeping them for more than a few days.

This recipe can fill the starch and protein portions of your plate.



Nutrition Facts	
10 servings per container	
Serving size	
Amount Per Serving	160
Calories	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 5g	10%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from:
<http://ohsheglows.com/2014/01/08/soft-chewy-sugar-free-baked-granola-bars/>