



Healthy Granola Bars

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1¼ cup pitted medjool dates

1 teaspoon O&V **Melipone Vanilla ***

¼ cup **Runamok Maple Syrup** or Runamok **Cinnamon Vanilla Maple Syrup ***

¼ cup creamy salted almond butter (or peanut butter)

1 cup unsalted pecans or almonds (roughly chopped)

1½ cup rolled oats (use gluten-free if preferred)

¼ cup sweetened or unsweetened shredded coconut

¼ cup additions – chocolate chips, dried fruits, banana chips or other seeds (optional)

1/8 teaspoon flaky salt

Preparation

Preheat the oven to 350F. Place the rolled oats in a thin layer on a baking sheet. Place the unsalted almonds/pecans on a separate tray in a single layer. Place the tray of rolled oats and the tray of nuts in the oven for 10-15 minutes until slightly toasted.

While the oats and nuts are baking check out your dates. If they don't feel sticky and moist, soak them in water for 10 minutes. Drain, and place in a food processor. Process until small bits remain - it should form a dough like consistency.

Remove the nuts and oats from the oven and place in a large mixing bowl. Add in the processed dates to the mixing bowl.

Warm the almond butter and maple syrup in a small saucepan over low heat. Stir and pour over the oat and date mixture. Combine well, breaking up the dates throughout. Add the shredded coconut, any other preferred add-in, and 1/8 teaspoon of flaky salt. Mix well.

Prepare an 8 x 8 pan by lining it with long sheets of parchment paper that go over the sides of the pan (so you can easily lift the bars out of the pan using the parchment paper).

Transfer the contents of the mixing bowl into the pan and press down until uniformly flattened (I often use the bottom of a drinking glass to press down and pack the bars to help hold them together).

Cover with plastic wrap and place in the refrigerator for about 20 minutes to firm up.

Remove, and slice into even sized squares or bars. Store in an airtight container and use within a week or freeze some to thaw later.

Serves 9-10 pieces

Active time 15 minutes Total Time: 50 minutes

Notes

* The high quality and intense flavors of the **Melipone Vanilla** and the **Runamok syrups** is key to this recipe. Feel free to substitute but remember that the better the ingredients, the better the flavor and health benefits

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Snack, Healthy Treat, Granola Bar, Almond Butter, Pecan, Runamok Maple Syrup, Cinnamon Vanilla Maple Syrup, Melipone Vanilla, Rolled Oats, Vegan, Vegetarian, Plant Based, Snacking on the Mediterranean Diet,