

Granola Bars

Recipe Adapted From: "The Healthy Headonist" by Maya Kornfeld

Makes 12 bars

Ingredients

- ¼ cup almonds, toasted and chopped
- 1 cup rolled oats
- ⅓ cup whole wheat pastry flour
- ¼ cup unsalted sunflower seeds
- ¼ cup dried currants or raisins
- ½ tsp ground cinnamon
- 1 tbsp cane sugar or maple sugar
- ¼ tsp salt
- ¼ cup almond butter or peanut butter
- ⅓ cup maple syrup (you can use part honey)
- 1 tsp vanilla
- ¼ cup apple juice (or any juice on hand)



Directions

1. Preheat oven to 350° F.
2. Oil an 8 x 8-inch baking pan.
3. Place almonds, oats, flour, sunflower seeds, currants (or raisins), cinnamon, sugar and salt in a medium bowl and stir to combine.
4. Whisk almond butter, maple syrup, vanilla and juice together in another bowl.
5. Pour the wet ingredients into the dry, stirring until the dry ingredients are thoroughly moistened.
6. Press the mixture evenly into the prepared pan and bake for 25 minutes.
7. Remove pan from oven and cut into 12 bars. Return pan to the oven and bake until golden brown, about 10-15 minutes.
8. Cool in pan for about 10 minutes, then remove bars with a spatula and cool on a rack for at least 30 minutes.

Nutrition Information per Bar: Calories: 140, Total Fat: 6gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 19gm, Fiber: 3gm, Protein: 4gm, Sodium: 50mg