

soft + chewy baked granola bars

Makes 10-12 bars

RECIPE ADAPTED FROM: [Oh She Glows](#)

PREP TIME: 10 minutes

COOK TIME: 15-20 minutes

¾ cup rolled oats (gluten free if needed),
ground into a flour

1 cup water

¾ cup packed pitted Medjool dates

½ cup chia seeds

¼ cup raw sunflower seeds

¼ cup raw pumpkin seeds

¼ cup raisins, finely chopped OR dark
chocolate chips

1 tsp cinnamon

1 tsp pure vanilla extract

¼ tsp fine grain sea salt

PREHEAT oven to 325°F and line a 9-inch square pan with two pieces of parchment paper, one going each way.

PLACE rolled oats in a high-speed blender. Blend on highest speed until a fine flour forms. Add oat flour to a large bowl.

ADD water and pitted dates to blender. Allow the dates to soak for 30 minutes if they are a bit firm or your blender has a hard time blending dates smooth. Once they are soft, blend the dates and water until super smooth.

ADD all of the ingredients into the bowl with the oat flour and stir well until combined.

SCOOP the mixture into the pan and spread it out with a spatula as evenly as possible. You can use lightly wet hands to smooth it down if necessary.

BAKE at 325°F for about 15-20 minutes, or until firm to the touch. Let cool in the pan for 5 minutes and then lift it out and transfer to a cooling rack for another 5-10 minutes.

SLICE and enjoy! Store in the fridge or freezer to preserve the leftovers.

