

# 5-ingredient granola bars

**Makes 10 bars**

RECIPE FROM: [Minimalist Baker](#)

PREP TIME: 20 minutes

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1 heaping cup of packed dates, pitted  
(deglet noor or medjool\*)

¼ cup maple syrup, agave nectar or honey

¼ cup creamy natural peanut butter or almond butter

1 cup roasted unsalted almonds, loosely chopped

1 ½ cups rolled oats (gluten-free for GF eaters)

Optional add-ins: nuts, seeds, dried fruit, vanilla, etc.

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**\*Although not ideal, if your dates don't feel sticky and moist, you can soak them in water for 10 minutes then drain before processing. This will help them blend better and hold the bars together better. But ideally, you can find fresh, sticky moist dates.**

PROCESS dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.

OPTIONAL STEP: Toast oats (and almonds, if raw) in a 350°F (176°C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw.

PLACE oats, almonds and dates in a large mixing bowl and set aside.

WARM maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

ONCE thoroughly mixed, transfer to an 8×8-inch baking dish or other small pan lined with parchment paper so they lift out easily.

PRESS down firmly until uniformly flattened – use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.

COVER with parchment paper and let firm up in fridge or freezer for 15-20 minutes.

REMOVE bars from pan and chop into 10 even bars. Store in an airtight container for up to 3-4 days or store them in the freezer for up to 1 month to keep them extra fresh.

