

Healthy 5-Ingredient Granola Bars

Prep time: 10 mins, Cook time: 5 mins, Total time: 15 mins

Healthy, no bake granola bars with just 5 ingredients and a sweet, crunchy texture. Peanut butter and honey complement each other perfectly in this ideal portable breakfast or snack.

Serves: 10 bars

Ingredients

- 1 cup packed dates, pitted (deglet nour or medjool)
- 1/4 cup honey (or sub maple syrup or agave for vegan option)
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups granola
- Optional additions: chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

Instructions

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency. (mine rolled into a ball)
2. Optional step: Toast your granola in a 350 degree oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw – I just prefer the toasted flavor.
3. Place granola, almonds and dates in a bowl – set aside.
4. Warm 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.
5. Once thoroughly mixed, transfer to an 8×8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
6. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
7. Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn’t necessary.

Nutrition Information

Serving size: 1 bar Calories: 217 Fat: 8 g Saturated fat: 1 g Carbohydrates: 31 g Sugar: 19 g Fiber: 4 g Protein: 6 g