

Easy as Pie – Homemade Granola Bars 3 Ways

Ingredients:

Vanilla, Cranberry, and Almond Granola Bars

150g pitted dates + 110ml water (date puree)
2 tbsps coconut oil
½ tsp vanilla extract
1 tsp ground cinnamon
50g chopped almonds
50g sunflower seeds/ pumpkin seeds
25g sesame seeds
275g whole rolled oats
50g dried cranberries
25g raisins

Double chocolate and Cranberry Granola

150g pitted dates + 110ml water (date puree)
2 tbsps coconut oil
½ tsp vanilla extract
1 tsp ground cinnamon
1 tsp cocoa powder
50g dark chocolate, chopped
50g chopped almonds
50g sunflower seeds/ pumpkin seeds
25g sesame seeds
275g whole rolled oats
50g dried cranberries
25g raisins

Honey and Ginger Granola

150g pitted dates + 110ml water (date puree)
2 tbsps coconut oil
50g chopped cashews
1 tbsps ginger juice
50g sunflower seeds/ pumpkin seeds
25g sesame seeds
275g whole rolled oats
50g dried cranberries
25g raisins



Procedure:

1. Make Date Puree. Boil dates in water, add honey and ginger juice. Let sit for 30 minutes with cover. Use a blender or a food processor until smooth.
2. Mix in coconut oil into date puree.
3. In a large bowl combine puree mixture and all remaining ingredients. Mix until dry ingredients are well coated.
4. Spread granola on baking tray and bake for 40 -45 minutes or until nicely browned.
5. Cut into bars and serve.