

ON-THE-GO GRANOLA BARS



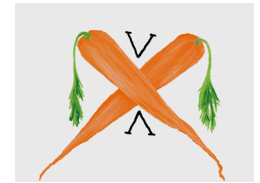
SERVES: 12

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1 cup rolled oats, GF if preferred
- 1 cup raw almonds
- 1/2 cup raw cashews
- 1/2 cup raw sunflower seeds
- 2 TBSP ground flaxseed
- 1/2 tsp celtic sea salt
- 1/2 cup peanut or almond butter
- 2 TBSP coconut oil
- 1/8 - 1/4 cup maple syrup
- 3 TBSP applesauce, unsweetened
- 1 tsp vanilla extract
- 1/4 - 1/2 cup cacao nibs (or sub chocolate chips)
- 1/4 cup dried blueberries, unsweetened (or sub mixed dried fruit)

METHOD

Preheat oven to 350 degrees F.

Prepare an 8x8 in baking dish by lightly coating with coconut oil.

Using a food processor, or blender, add 1/2 cup of the oats and almonds with 1/4 cup of the cashews and sunflower seeds and process into a fine mix, similar in texture to flour. Add to a large mixing bowl. Roughly chop the remaining 1/2 cup almonds and 1/4 cup cashews by pulsing the food processor or chop by hand. Add to the bowl along with the remaining 1/2 cup oats, 1/4 cup sunflower seeds, flaxseed, and salt. Mix well. Set to the side.

Add the nut butter and coconut oil to a small saucepan over medium-low heat. Stirring frequently, until melted. Add to the mixing bowl along with the maple syrup, applesauce, and vanilla extract. Mix until combined.

Fold in the cacao nibs and dried blueberries. Then, transfer the granola bar mixture to the prepared 8x8 dish. Use a soft spatula to flatten on top, adding a few extra cacao nibs for good measure.

Bake for 18-22 minutes. The top should be golden brown.

Cool for 10-15 minutes before cutting into bars. Store in the refrigerator for up to 1 week.

NOTES:

*I use raw extra virgin coconut oil here, Costco has a high quality product and the best price.

**Cacao nibs are the precursor to chocolate chips. They are naturally sugar-free and are high in iron, magnesium and fiber. They do contain a small amount of caffeine (1/4 the amount in a cup of coffee). Find them in most health food stores in the baking section.

NUTRITION:

Serving Size: 1/12 recipe (1 bar) Total Calories: 247 Total Fat: 18 g Sodium: 111 mg

Carbohydrates: 17 g Fiber: 4 g Sugar: 6 g Protein: 8 g