

## ***Honey Granola Bars***

1 cup packed dates  
¼ cups honey  
¼ cup creamy peanut butter  
1 teaspoon vanilla  
1 cup unsalted almonds, loosely chopped  
1 ½ cups rolled oats  
1 tablespoon mini chocolate chips, optional

### Directions:

1. Process dates in a food processor until small bits remain. It should form a dough like consistency.
2. Toast oats in a 350 degree oven for 15 minutes or until slightly golden brown.
3. Place oats, chopped almonds and dates in a bowl
4. Warm honey, peanut butter, and vanilla 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 mixed, transfer to an 8x8 dish or other small pan line with plastic wrap so they lift out easily.
6. Sprinkle 1 Tablespoon of mini chocolate chips on top
7. Press down until uniformly flattened. Cover with plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
8. Remove bars from pan and cut into 10 even bars. Store in an airtight container for up to a few days.

Serves 10 bars

Nutrient Analysis, per serving: 217 calories, 31g. carbohydrates, 6g. protein, 8g. fat, 19g. sugar, 4g. fiber