



From the Kitchen of Executive Chef Jessica VanRoo

Simple Granola Bar

Ingredients

1 cup dates, pitted

1/4 cup honey

1/4 cup peanut butter, no sugar added, creamy

1 cup roasted nuts, unsalted

1 1/2 cups rolled oats

1. Gather all ingredients and equipment.
2. Process dates in a food processor until small bits remain (about 1 minute). It should form a dough-like consistency.
3. Toast oats in a 350-degree oven for about 15 minutes or until slightly golden brown.
4. Place oats, almonds and dates in a bowl. Set aside.
5. 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.
6. Once thoroughly mixed, transfer to an 8" x 8" dish or other small pan lined with plastic wrap or parchment paper, so they lift out easily.
7. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
8. Remove bars from pan, and chop into 10 even bars. Store in an airtight container for up to a few days. To keep them extra fresh, store in the freezer.