

BASIC 4-INGREDIENT SNACK BAR

Recipe by Stanford Health Improvement Program

Ingredients

- 1 cup packed dates, de-pitted (roughly equivalent to 12-20 dates, depending on the size of the dates)
- ¼ cup natural nut/seed butter (ex: almond, peanut, sunflower seed butter)
- 1 cup unsalted almonds, chopped slightly
- 1 ½ cup rolled oats (toasting at 325 for 15 mins is optional)

Directions

1. In a medium mixing bowl, add the oats, nuts and any optional ingredients you would like. (examples of additional options: ¼ cup dried fruit, ¼ cup seeds to replace half of almonds, ¼ cup coconut flakes, 2 Tablespoons chocolate chips).
2. Process dates in food processor until a ball forms.
3. Place in separate small bowl with nut/seed butter and microwave for 30 seconds to soften.
4. Stir nut/seed butter and date mixture and pour on top of the oat and nuts. Stir mixture by pressing dry ingredients into the date mixture with the back of a spoon, or your hands. If the mixture is not sticky enough to hold the ingredients, you may add more nut/seed butter and/or dates. (The more items you add to the basic recipe, the more nut/seed butter and dates you will need.)
5. Line a 9”x9” dish with parchment paper or plastic wrap. Add mixture and press down until mixture is compact and well “stuck” together.
6. Cover with plastic wrap and place in fridge or freezer for a least 20 mins to harden. Cut up into 12 granola bars.