



DAILY NOURISH

Plant-Based Granola Bar

YOU HAVE TO NOURISH TO FLOURISH



Before We Start

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Thank You,

The Daily Nourish Team





ENJOY YOUR RECIPES

Happy Baking!

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THANK YOU FOR YOUR SUPPORT

The Daily Nourish Team





DAILY NOURISH
PLANT-BASED WELLNESS

Plant-Based Granola Bars

Ingredients

Rolled Oats	2 c
Flaxseed	2 tbsp
Chia seed	2 tbsp
Sunflower seed	2 tbsp
Pumpkin seed	2 tbsp
Dates	4-8 medjool (adjust to desired sweetness preference)
Raisins or other dried fruit of choice	2 tbsp
Water	2 tbsp or more (just in case when blending)
Honey, Agave, or Brown Rice Syrup	¼ cup
Cinnamon	2 tsp
Ginger	½ tsp
Sea Salt	2-4 cracks of fresh sea salt

Instructions

- Place ½ c oats in a blender or food processor and blend to make an oat flour. Remove from container and place in dry ingredient bowl.
- In a large mixing bowl place the dry ingredients inside; 1 ½ c oats, seeds, raisins, cinnamon, ginger, and sea salt. Make sure to mix everything around so they are all happy together!
- Next, place pitted dates, honey, and 2 tbsp water into the blender or food processor. Mix until smooth consistency forms. This might need a little extra water to help everything mix together. If needed, pause, remove from the motor, and scrape down the sides. It only takes a few added seconds but really helps the process move along nicely. It should be smooth, not chunky.
- Pour wet ingredients into dry ingredient bowl and mix together.
- Once mixed, transfer to an 8x8-inch baking dish or other small pan lined with parchment paper so they lift out easily. You can use plastic but we try and stay away from single use plastic at our house and find parchment paper works nicely.
- Press down firmly until mixture is spread out evenly. I use my clean hands for this but you can also use a glass, cup, or anything flat. Make sure everything is pressed together firmly so they hold together. **This is a very important step!**
- Cover with a paper towel and let bars sit in the freezer for 15-20 minutes to firm up.
- Remove bars from the pan and chop into 10-12 bars (or 9 squares), bakers choice!
- Store in an airtight container for up to a few days. We kept ours in the freezer allowing them to stay extra fresh, but that isn't necessary.
- Enjoy!

Did you make this recipe?

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