

# BERRY NUT GRANOLA BARS

## INGREDIENTS

- 1 cup dried, unsweetened cranberries
- 2 cups old-fashioned oats, divided
- 1/2 cup sliced, unsalted almonds
- 1/4 cup flax seeds
- Pinch salt
- 2 tbsp. canola oil
- 1/4 cup maple syrup
- 1/3 cup reduced-fat peanut butter or seed butter



## DIRECTIONS

1. Preheat the oven to 325°F. Prepare an 8x8 inch baking dish by lining it with parchment paper.
2. In the bowl of a food processor, add cranberries; process until the cranberries are chopped a bit, about 30 seconds to 1 minute. Add 1 cup of oats; continue to puree until oats are a flour-like consistency. Transfer mixture to a large bowl.
3. Into the bowl, add remaining 1 cup of oats, almonds, flax seeds, and salt. Stir together to combine.
4. In a heatproof container, add oil, maple syrup, and nut/seed butter. Warm in the microwave until nut/seed butter is soft and pliable, about 30 seconds. Stir mixture together with a spoon until smooth.
5. Pour nut/seed butter over oat mixture. Stir to combine. Transfer to prepared baking dish.
6. Bake for 30 minutes. Remove and cool slightly. Cover with plastic wrap and place in fridge overnight.

**NUTRITIONAL INFORMATION | Serving size: 1 bar Calories: 180; Total Fat: 9g; Saturated Fat: 1.1g; Polyunsaturated Fat: 2.2g; Monounsaturated Fat: 4.3g; Sodium: 56.5mg; Carbohydrates: 21.5g; Fiber: 4.2g; Sugars: 6.7g; Protein: 5.4g; Recipe makes 12 Servings**