

No Bake Apple Cinnamon Date Granola Bars

One recipe will heavy fill 1 medium tray or you can divide into two trays for thinner bars*

[Adventures in Freeze Drying For Beginners': Blueberry Biscotti and No Bake Apple Cinnamon Date Granola Bars Freeze Dried](#)

Ingredients:

3 Tbsp Chia Seeds soaked in 2 C of Hot Water	1 Cup Apple Sauce (unsweetened)
1 Cup chopped Pitted Dates	2 Cups High Quality Oatmeal
1 tsp fresh Lemon Zest	1 Cup Coconut Flakes (unsweetened)
Juice from 1 Lemon	½ tsp Salt
2 C water	1 Tbsp Cinnamon
1 ripe Avocado	½ tsp cloves



Directions:

1. Put 3 Tbsp of Chia Seed into 2 cups of hot water and set a side
2. In a heavy saucepan on the stove, add your dates, 1 cup of water, lemon zest, and lemon juice. Cook over medium heat until thick and bubbly.
3. Once thick and bubbly add 1 C water and cook for an additional 5 minutes stirring frequently.
4. Add the soaked Chia Seeds to your saucepan and boil on low heat for an additional 10 minutes stirring often.
5. In a blender or food processor, pour in the date mixture, add the applesauce, avocado, salt and Cinnamon. Puree for 1-2 minutes.
6. In a large mixing bowl, measure out oatmeal and coconut, add contents from the blender and mix well.
7. Pour onto a lined tray, use dividers set as 20 portion or 40 portion, cover with a lid
8. Pre-freeze until solid
9. Freeze dry (This is heavy, do not freeze dry more than 2 batches at a time)
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: With trays being prefrozen in a mixed load, my cycle time was about 27 hours.

Rehydration: Not intended

Variations You can add 1 cup of dried cranberries, raisins, or blueberries to the blender before you puree.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray