

No Bake Apple Cinnamon Date Granola Bars

This recipe makes 20 granola bars



Ingredients

3 tbsp chia seeds
1 cup chopped pitted dates
1 tsp fresh lemon zest
Juice from 1 lemon
2 cups water
1 ripe avocado
1 cup apple sauce (unsweetened)
2 cups high quality oatmeal
1 cup coconut flakes (unsweetened)
½ tsp salt
1 tbsp cinnamon
½ tsp cloves

Directions:

1. In a small bowl, combine 3 tablespoons of chia seeds with 2 cups of hot water. Stir well and set aside to soak.
2. In a saucepan over medium heat, add the dates, 1 cup of water, lemon zest, and lemon juice. Cook until the mixture becomes thick and bubbly.
3. Once the date mixture is thick and bubbly, stir in 1 cup of water and cook for an additional 5 minutes, stirring frequently.
4. Add the soaked chia seeds to the saucepan. Lower the heat and simmer for 10 more minutes, stirring often to blend the flavors.
5. Transfer the date and chia mixture into a blender or food processor. Add the applesauce, avocado, salt, and cinnamon. Puree for 1–2 minutes until smooth.
6. In a large mixing bowl, combine the oatmeal and coconut. Pour in the blended mixture and mix thoroughly until all ingredients are evenly incorporated.
7. Spread the mixture onto a lined tray. Use dividers to portion it into 20 (or 40) equal servings.
8. Pre-freeze when possible.
9. Freeze dry (my cycle time was 27 hours).
10. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Not intended for rehydration. This great snack is a healthy substitute for purchased granola bars. Take them anywhere you might need a boost of energy!

Notes:

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

Nutritional Value Per 1 bar

Calories: 94 Protein: 2 g Fat: 4 g Carbohydrates: 15 g Sugar: 7 g Fiber: 3 g