Crunchy granola bars

25g oats (use gluten free if preferred)
70g soft pitted dates
60g peanut butter or almond butter
25g maple syrup or honey
30g roasted salted peanuts, roughly chopped
30g dried cranberries
40g almonds, roughly chopped

MAKES 9 BARS

Preheat oven to 170˚C / 350˚F. Line the base of a baking tray with baking paper.

Pour the oats onto a baking tray. Toast in the oven for 20 minutes. Allow to cool for 10 minutes on the tray.

Place the dates in a blender or food processor and blend into a thick paste.

Transfer to a large bowl. Add the remaining ingredients and stir well.

Transfer the mixture to the tray and press down firmly with your hands to compact the mixture. Shape the mixture into a square or rectangle.

Freeze for 20 minutes. Cut into 9 bars.

Freeze for up to 2 weeks. Remove from the freezer 10 minutes before serving.

PER BAR:
118 Calories
13g Carbs
3g Protein
6g Fat