

Harvest Granola Bars

Ingredients

- 2 cups old-fashioned oats
- 1 cup whole almonds, chopped
- ½ cup pumpkin seeds
- 1 cup packed pitted Medjool dates, minced
- ⅓ cup agave syrup
- ¼ cup creamy peanut butter
- ½ cup dried cranberries



Instructions

1. Preheat oven to 350°F. Spread oats a baking sheet. Roast about 12 minutes.
2. Warm agave syrup and peanut butter in a pan over low heat, stirring to blend.
3. Add dates, pumpkin seeds, almonds, and dried cranberries.
4. Line pan with baking parchment so the paper hangs over the sides. Press mixture into the pan and pack it down. Freeze for 20 minutes.
5. Lift the contents out of the pan and set on a cutting board. Cut into 16 bars.

Nutrition Facts

Servings: 16

Amount per serving

Calories **182**

% Daily Value*

Total Fat 7.4g 9%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 28.2g 10%

Dietary Fiber 3.5g 13%

Total Sugars 20.4g

Protein 4.4g