

HONEY GRANOLA BAR

WITH CHIA & SESAME SEEDS

Portion: 1 bar
Yield: 16



INGREDIENTS:

4 1/4 cup Oats, Old Fashioned, Dry

1 1/3 cup Sunflower Seeds

1 cup Raisins

1/2 cup Honey

1/2 cup Sugar, Light Brown

1/2 tsp Vanilla Extract

1/4 cup Chia Seeds

1 tbps Cardamom, Ground

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METHOD:

Preheat oven to 350F degrees. Place rolled oats and sunflower seeds on a pan and roast for 15- 20 minutes until golden brown and fragrant. Remove from oven and place into a bowl. Place half amount of raisins in a food processor until ground and sticky. Add all raisins to bowl with oat and seed mixture. Stir to combine evenly. Place brown sugar and honey into a pot and bring to a simmer, stir to melt the sugar. Remove from heat and add vanilla extract. While still hot, pour into the bowl with the oats and add chia seeds and cardamom. Stir until well combined, using a spatula. Spray a 9" x 13" pan with oil to prevent sticking and pour the granola mixture into the pan. Press firmly to smooth out and even the top. Using a piece of parchment paper in between your hands and the granola is helpful. When cooled, flip out the granola onto a cutting board and cut into 2 oz squares.

CALORIES (kcal): 250

PROTEIN (g): 6

CARBOHYDRATE (g): 41

TOTAL FAT (g): 8

SODIUM (mg): 5

SAT FAT (g): 1

DIETARY FIBER (g): 5