

*Title:*

Granola  
Bars

*Ingredients:*

3 cups old-fashioned, rolled oats

¾ cup natural almond butter

⅓ cup honey

2 eggs

Ingredients to taste:

Pepitas, Dried Cranberries

Dark Chocolate Chips

Chia Seeds, Flax Seeds,

Walnuts, Pecans, or Almonds

*Cook Time:*

*Prep time:*

*Servings:*

*Directions:*

Line a 9x9 baking pan with parchment paper.

Preheat oven to 350° F.

In a large bowl, combine all ingredients. Mix well.

Firmly press mixture into pan in an even layer.

Bake for 15-17 minutes.

Center should be baked through and edges starting to brown. Remove from oven and let cool completely.

Cut into squares using sharp, non-serrated knife.

*Notes:* For higher protein granola bars add ½ cup of protein powder and extra honey if mixture seems too crumbly after. For the extras, I added no more than a ¼ cup each, but you can choose more.

