



Cranberry Almond Bar

#### Homemade Date Paste:

- 2 cups pitted dates
- 1/2 cup water

#### Granola Bars:

- 1/2 cup peanut butter
- 1/4 cup [coconut oil](#)
- 1 teaspoon [pure vanilla extract](#)
- 2 cups [rolled oats](#)
- 1/2 cup shredded unsweetened coconut
- 1 teaspoon ground flaxseeds
- 1/2 teaspoon [ground cinnamon](#)

- 1/8 teaspoon salt
- 2 tablespoons raw almonds
- 1 tablespoons dried cranberries divided
- 1 tablespoon sunflower seeds

#### Instructions

##### Make the Date Paste:

1. Add dates and water to a medium pot on medium-low heat. Mash down with a fork
1. Add peanut butter and coconut oil to the pot. Remove from heat and stir in vanilla extract.
2. Pour in the oat flour, shredded coconut, ground cinnamon and salt.
3. Toss in the rolled oats and flaxseeds and combine gently with a spatula or large spoon. Fold in the sunflower seeds and half of the almonds and cranberries.

4. Pour granola mixture into prepared pan.
5. Spread evenly and press down firmly using a flat spatula. Sprinkle remaining almonds and dried cranberries evenly. Press down firmly again with a spatula

Nutrition:

Makes: 9

Calories: 290

Fat: 10g

Carb: 39g

Pro: 1g