

## No Bake Granola Bars

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes; plus 4 hour set time

**Servings:** 12-14 bars

**Serving Size:** 1 bar

### Ingredients:

1 cup whole rolled oats  
¼ cup ground flaxseed  
1 cup sliced almonds\*  
½ cup toasted coconut flakes\*\*  
½ cup cacao nibs or dark chocolate chips  
2/3 cup raw almond butter or natural peanut butter  
6 tablespoons honey or agave  
1 teaspoon vanilla extract

### Directions:

1. Line a small (9 x 9) rimmed baking sheet or dish with parchment paper and set aside.
2. Combine oats, flaxseed, sliced almonds, coconut flakes, and nibs or chips in a large bowl and mix well.
3. Whisk nut butter, honey or agave, and vanilla together in a smaller bowl until well combined.
4. Pour wet ingredients into dry and mix thoroughly until ingredients are well incorporated. This mixture is thick and sticky, so you may need to use your hands to get it mixed well enough.
5. Dump mixture onto the baking sheet or dish, lay a large piece of plastic wrap over it and use your hands and some muscle to firmly press mixture into the dish and distribute it evenly.
6. Place in the refrigerator for 4 hours to harden and set, then cut into 12-14 bars. These can be kept wrapped and in an airtight container in the fridge for up to 10 days.

### Tips and Tricks:

\*Whole sunflower seeds and/or pumpkin seeds would work well here if you want something other than almonds.

\*\*If you don't like coconut, try raisins, raisins, dried goji berries, or dried mulberries here instead.

### Nutritional Information Per Serving:

**Calories: 202**  
**Fat: 12.4 g**  
**Cholesterol: 0 mg**  
**Sodium: 12.3 mg**  
**Total Carbohydrate: 22.0 g**  
**Dietary Fiber: 4.1 g**  
**Sugars: 13.5 g**  
**Protein: 4.2 g**