

Recipe

HAZELNUT GRANOLA BREAKFAST BARS



► ► Vegan, gluten-free, refined-sugar free

Yield: 12 bars

Prep Time: 10 min

Cook Time: 14-17 min

Total Time: 30 min

INGREDIENTS

2.5 cups (225 g) rolled oats (gluten free, if desired)

1 cup (125 g) hazelnuts

2 Tbsp (30 g) ground flax seeds

1 tsp (5 g) ground cinnamon

1/2 tsp (2.5 g) salt

3/4 cup (131 g) soft dates, pitted

1/2 cup (125 ml) almond butter (or any nut butter)

1/3 cup (83 ml) coconut oil

1 tsp (5 ml) vanilla extract

1/2 cup (60 g) dried cranberries

1/4 cup (30 g) pecans, chopped

1/4 cup (31 g) pumpkin seeds

1/4 cup (38 g) chocolate, chopped

OPTIONAL TOPPINGS

Chocolate chips, cranberries, hemp hearts, coconut flakes

DIRECTIONS

1. Prepare flax eggs by mixing the ground flax seed with 6 tbsp (90 ml) of water. Let sit for 5 minutes to gel up.
2. Preheat oven to 350°F (180° C). Spread the hazelnuts onto a rimmed cookie sheet with baking paper underneath, and bake for 8-10 minutes, until lightly golden and fragrant, stirring once halfway.
3. Remove the hazelnuts from the oven and allow to cool. Once cooled, pick up handfuls at a time and rub firmly between your palms so the skin falls off. Alternatively, you can rub them in a clean kitchen cloth.
4. Line or oil a 9x13" (18x27 cm) baking pan.
5. In a food processor, blend the hazelnuts, 1 cup of the oats, salt, and cinnamon until finely ground. Add to a large bowl and add the remaining whole oats.
6. Back to the food processor, add the pitted dates and blend until pureed (they will clump into a round ball). Then add the coconut oil, almond butter, flax eggs and vanilla extract and blend until well combined.
7. Pour this sticky mixture into the dry ingredients and mix. Gently fold in the pumpkin seeds, cranberries, pecans, and chocolate.
8. Press the mixture into the baking pan, and bake until lightly golden, about 14-17 minutes. Cut into 12 bars and let cool before removing from the pan.

NOTES

1. **Storage:** store in an air-tight container for up to 1 week, or store in the freezer for up to 2 months.

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