

Less than 1 hour

Makes about 8

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Ingredients:

Basic granola bars:

- 1 cup (250ml) nut butter
- ¼ cup (60ml) honey or maple syrup
- 7-10 Medjool dates, finely chopped
- 2½ cups (275g) rolled oats
- ¼-½ cup (60-125ml) mixed dried fruits
- ¼ cup (60ml) chopped dark chocolate or chocolate chips

Blueberry and banana granola bars:

- ¼ cup (60ml) maple syrup
- 2 bananas, mashed
- 2 Tbsp (30ml) chia seeds
- 1 tsp (5ml) vanilla essence
- 1 cup (250ml) rolled oats
- 1 cup (160g) nuts of your choice
- 1 tsp (5ml) baking powder
- 1 cup (80g) blueberries

Method

1. For the plain bars, heat nut butter and honey over medium heat.
2. Add finely chopped Medjool dates and blend with a stick blender until smooth. (You can also leave it chunkier).
3. Stir in rolled oats and mixed dried fruits. Mix until fully incorporated.
4. Press mixture into a 20cm rectangular baking tin lined with baking paper.
5. Sprinkle with chopped dark chocolate or chocolate chips.

6. Refrigerate for at least an hour, or until set, and cut into 6-8 bars.
7. For the blueberry and banana bars, preheat oven to 180°C.
8. Combine maple syrup, mashed bananas, chia seeds and vanilla essence.
9. Allow chia seeds to hydrate (swell) for about 15 minutes.
10. Add rolled oats, nuts of your choice and baking powder and mix well.
11. Fold in blueberries.
12. Press mixture into a 20cm rectangular baking tin lined with baking paper.
13. Bake for 20-30 minutes.
14. Cool completely before removing from tin and cutting into 8-12 bars.
15. Serve or store in an airtight container for up to 3 weeks.

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