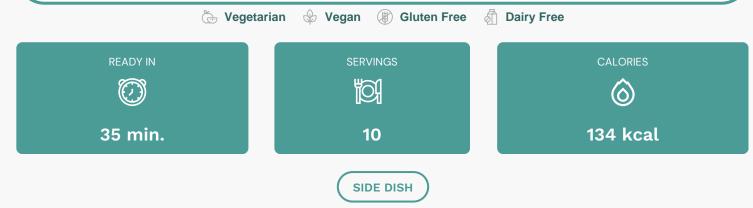


Soft + Chewy Sugar-Free Baked Granola Bars



Ingredients

U.5 cup chia seeds
1 teaspoon cinnamon
0.3 cup cranberries dried finely chopped
0.3 teaspoon sea salt fine
0.8 cup medjool dates packed pitted
0.3 cup pumpkin seeds raw
0.3 cup sunflower seeds raw
0.8 cup rolled oats gluten-free

	1 teaspoon vanilla extract pure	
	1 cup water	
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Equipment		
	bowl	
	frying pan	
	baking paper	
	oven	
	wire rack	
	blender	
	spatula	
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	Preheat oven to 325F and line a 9-inch square pan with two pieces of parchment paper, one going each way.	
	Add rolled oats into a high-speed blender. Blend on highest speed until a fine flour forms.	
	Add oat flour into a large bowl.	
	Add water and pitted dates into blender. Allow the dates to soak for 30 minutes if they are a bit firm or your blender has a hard time blending dates smooth. Once they are soft, blend the dates and water until super smooth.	
	Add all of the ingredients into the bowl with the oat flour and stir well until combined. Scoop the mixture into the pan and spread it out with a spatula as evenly as possible. You can use lightly wet hands to smooth it down if necessary.	
	Bake at 325F for about 23-25 minutes, or until firm to the touch.	
	Let cool in the pan for 5 minutes and then lift it out and transfer it to a cooling rack for another 5-10 minutes. Slice and enjoy! suggest freezing leftovers to preserve freshness.	
Nutrition Facts		
	PROTEIN 10 19/ FAT 25 159/ CARRO 54 759/	
	PROTEIN 10.1% FAT 35.15% CARBS 54.75%	

Properties

Glycemic Index:7.5, Glycemic Load:1.49, Inflammation Score:-3, Nutrition Score:7.519565201324%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.14mg, Quercetin: 0.14mg,

Nutrients (% of daily need)

Calories: 134.38kcal (6.72%), Fat: 5.57g (8.57%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 14.6g (5.31%), Sugar: 9.75g (10.84%), Cholesterol: Omg (0%), Sodium: 61.78mg (2.69%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 3.6g (7.2%), Manganese: 0.67mg (33.34%), Fiber: 4.93g (19.71%), Magnesium: 63.71mg (15.93%), Phosphorus: 147.1mg (14.71%), Selenium: 8.4µg (12%), Copper: 0.23mg (11.54%), Vitamin B1: 0.14mg (9.37%), Vitamin E: 1.35mg (9%), Iron: 1.36mg (7.56%), Calcium: 70.27mg (7.03%), Vitamin B3: 1.38mg (6.88%), Zinc: 0.96mg (6.41%), Potassium: 170.84mg (4.88%), Vitamin B6: 0.08mg (4.12%), Folate: 16.31µg (4.08%), Vitamin B2: 0.05mg (2.71%), Vitamin B5: 0.21mg (2.14%)