



## Soft + Chewy Sugar-Free Baked Granola Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



134 kcal

SIDE DISH

### Ingredients

- 0.5 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

## Equipment

- bowl
- frying pan
- baking paper
- oven
- wire rack
- blender
- spatula

## Directions

- 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 10.1%  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: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 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: 0mg (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%)