5 Ingredient **Granola Bars**

Nutrition Facts

Serving Size 1 Each (70g)
Serving Per Container: 1

Amount Per Serving

Calories 240	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**16%**
Saturated Fat 1g	**5%**
Trans Fat 0	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4.5g	
Cholesterol less than 5 milligrams	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 25g	
Protein 5g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 8%	•	Iron 6%
Vitamin E 0%	•	Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

Licking Memorial Hospital | Culinary Services

5 Ingredient Granola Bar (10 Bars)

Ingredients:

- 1 heaping cup medjool dates, pitted
- 1 cup maple syrup or honey
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups rolled oats

Directions:

Process dates in a food processor until small bits remain (about 1 minute). It should form a dough-like consistency.
Place oats, almonds and dates in a large mixing bowl and set aside. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so the bars will lift out easily. Press down firmly until uniformly flattened.

Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15 to 20 minutes. Remove bars from pan and chop into 10 even bars (or 9 squares). Store in an airtight container up to a few days.