

3-INGREDIENT GRANOLA BARS

VEGAN, GF, CAN BE MADE NUT-FREE, LASTS IN THE FRIDGE UP TO 2 WEEKS

Melt 1 cup almond, peanut or sunflower seed butter together with 1/2 cup maple syrup in the microwave for 1-2 minutes.

Step 1

Step 2

Stir in 1.5 cups gluten free rolled oats (important to use rolled oats and not steel cut or old fashioned)

Add in what you like - examples - 1/3 cup chocolate chips, dried cranberries, unsweetened coconut flakes, etc.

Step 3

Spray a shallow baking dish with coconut oil then press the mixture firmly down, making it even and flat.

Refrigerate 1-2 hours, then cut into serving pieces and store in the fridge up to two weeks!

Makes 8-10 bars.

Step 4