



MAKE YOUR OWN GRANOLA BARS

Avoid individually-wrapped granola bars with this easy, delicious and healthy recipe! To truly make it a plastic-free treat, buy your dry ingredients in bulk!

Recipe by Alton Brown via Food Network

Total: 1 hr Prep: 20 min Cook: 40 min

Yield: 16 (2-inch) squares

Ingredients

- 2 cups old-fashioned rolled oats
- ½ cup raw sunflower seeds
- 1 cup sliced almonds
- ½ cup wheat germ
- ½ cup honey
- ¼ cup dark brown sugar
- 2 tbs. unsalted butter, plus extra for pan
- 2 teaspoons vanilla extract
- 1/2 teaspoon kosher salt
- 1 cup chopped dried fruit, any combination of apricots, cherries or blueberries

Directions

Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees F.

Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine.

Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes.

Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.



APRICOT-CHERRY-CHIA ENERGY BARS

A quick and easy energy bar made with protein-packed nuts and chia seeds along with sweet dried fruit and coconut.

GF

V

Recipe by Lindsey Johnson via Hello Glow

Total: 10 minutes

Ingredients

- 1 cup pitted dates
- 1 cup cashews (or another nut)
- 1/2 cup dried apricot halves
- 1/2 cup dried cherries
- 1/2 cup unsweetened shredded coconut
- 2 Tablespoons chia seeds

Directions

Place all of the ingredients into the bowl of a food processor fitted with the chopping blade. Pulse until finely chopped. The mixture should hold together nicely.

Turn out onto a piece of parchment or plastic wrap and form into an 8- by 8-inch square.

Chill in the refrigerator until firm enough to cut into bars.

Notes

The nuts, seeds, and dried fruit can be substituted with any variety. If the mixture is too dry and won't stick together, add a little coconut oil or a few extra dates, or a few teaspoons of nut butter.