

Moist & Chewy Granola Bars

Swick

Makes 18 to 24 pieces | Serves 1 | Active Time: 15 minutes | Total Time: 45 minutes

Step 1: Making the Granola Bars

- 1 cup pitted medjool dates, approx. 7 to 9 dates
 - 1/4 cup liquid sweetener (such as maple syrup or agave)
 - 1/4 cup almond butter (or nut butter of choice)
 - 1 1/2 cups rolled oats
 - 1 cup roasted almonds, roughly chopped
 - 1/4 to 1/3 cup dark chocolate, either chips or discs, roughly chopped
 - 1/4 cup sour cherries and/or dried cranberries, roughly chopped
 - 1/4 dried prunes or figs, roughly chopped
 - 1/2 tsp fleur de sel, or to taste
- To make the granola bars, place the dates in the bowl of a food processor fitted with the metal blade and process until only small bits remain. They should have a dough-like consistency when done.
- Place the dates, liquid sweetener, and almond butter in a medium bowl, stirring to blend. Add the rolled oats and almonds, mixing well to combine. When blended, add the chocolate, cranberries, prunes, and salt, mixing vigorously to blend completely.
- Line an 8- x 8-inch baking dish or a casserole with parchment paper or plastic wrap. Spoon the mixture into the prepared dish and use your fingers to press it down to make an even layer.
- Cover the mixture with plastic wrap and place into the freezer for at least 30 minutes to harden. Once the mixture is very firm to the touch, remove it from the dish and cut into serving-sized portions.