



# Homemade Date Granola Bars

🕒 15 MINS | 🍴 18 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1 cup Natural Delights Pitted Fresh Medjool Dates 12 oz	2 tablespoons Raisins
1 cup Water	1/4 fluid oz Maple Syrup
1 cup Rolled Oats	2 teaspoons Chia Seeds
1/2 cup Almonds	1/4 cup Honey
1/2 cup Pepitas	1/4 cup Mini Semi Sweet Chocolate Chips
1/2 cup Walnuts	1/4 cup Natural Peanut Butter Spread
	1 teaspoon Vanilla Extract

## NUTRITION INFORMATION PER SERVING

Calories 134kcal	Sodium 36mg
Carbs 78g	Fiber 2.09g
Protein 2.91g	Added Sugar 4.2g
Total Fat 5.3g	Fruits 0.04 servings
Saturated Fat 1.27g	Vegetables 0 servings

## Method

1. In a small bowl, soak dates in warm water, drain and then add dates into food processor and process until it forms a soft consistency
2. In a medium sized bowl, add the oats, nuts, raisins, pepitas, chia seeds, or whatever you choose together and mix
3. Add processed dates into the oat mixture and set aside.
4. In a small sauce pan over low heat, combine the maple syrup, honey, peanut butter and vanilla until a sauce is formed.
5. Pour warm mixture into the granola mixture, add in the chocolate chips and stir.
6. Place in a pan, smooth mixture and put into the refrigerator for 10/15 minutes.
7. Enjoy!

