RECIPE

Seedy Granola Bars

Chewy snack bars of oats, almonds and five kinds of seeds, held together by dates and a little honey, with no chocolate, made to pack for a day out.

MAKES

12 bars (US | Metric)

TOTAL

1 h

Ingredients

- [ ] 1 ½ cups old-fashioned rolled oats
- [ ] ½ cup raw almonds, chopped
- [ ] 10 medjool dates, pitted
- [ ] 1 oz chia seeds
- [ ] ¼ cup sunflower seeds, unsalted
- [ ] ¼ cup pumpkin seeds, unsalted
- [ ] 2 tbsp ground flaxseed
- [ ] 1 tbsp hemp seeds
- [ ] 3 tbsp honey
- [ ] 3 tbsp unsalted almond butter
- [ ] 1 tsp ground cinnamon
- [ ] ¼ tsp salt

Method

1. Heat the oven to 350 °F. Spread the oats and chopped almonds on a rimmed baking sheet and toast 13 to 15 minutes, stirring once, until they smell nutty and look lightly golden. Let them cool 10 minutes.

2. Line an 8-inch square pan with parchment, leaving two sides hanging over as handles.

3. Chop the dates, then pulse them in a food processor about 1 minute, until small bits remain and they hold together like a dough.

4. In a large bowl, stir the toasted oats and almonds with the date dough, chia, sunflower seeds, pumpkin seeds, flaxseed, hemp seeds, cinnamon and salt.

5. Put the honey and almond butter in a small pot on low and stir 1 to 2 minutes, until runny. Pour it over the bowl and mix with a spoon or clean hands, breaking up the dates, until every oat looks coated.

6. Tip the mixture into the pan. Press a sheet of parchment on top and push down hard with the flat bottom of a measuring cup or a book, until it is packed tight and level. Packed tightly, the bars do not crumble.

7. Chill 30 minutes in the refrigerator, until firm. Lift out by the parchment and cut into 12 bars.

8. Keep the bars in an airtight container in the refrigerator up to 1 week, or wrap them singly and freeze up to 2 months. They keep at room temperature in a pack for a day on the trail.