

Cranberry Chocolate Granola Bars

Ingredients:

- 1 cup almonds
- 1 cup walnuts
- 2 ½ cups pitted dates, figs, or apricots
- 1 teaspoon salt
- ½ cup water
- 1 ½ cups rice krispy
- 1 ½ cups oats
- ½ cup dried cranberry, raisins or blueberry
- ½ tablespoon cinnamon
- 3 cups dark chocolate
- 2 tablespoons coconut oil

Directions:

- Preheat the oven to 350°F.
- Spread the almonds on one half of the baking sheet and the walnuts on the other half.

- Toast for 10-15 minutes, or until lightly browned. Let cool 20 minutes before chopping.
- In a food processor, combine the dates, figs and/or apricots, salt, and water, and mix until it has a paste like consistency.
- Transfer the date mixture to a large bowl and add the rice krispies, oats, cranberries/blueberries/raisins, and cinnamon. Stir until well-combined. Add the chopped nuts and mix to combine.
- Transfer the mixture to a parchment or wax-lined baking sheet and spread flat with a spatula.
- Chill in the fridge for 30-45 minutes or the freezer for 15-20 minutes to set.
- In a large bowl, combine the chocolate and coconut oil, and microwave for 1½ minutes, stirring every 30 seconds, until melted and smooth
- Pour the melted chocolate over the bars and spread evenly with your spatula. Freeze for 10 minutes.
- Lift the ends of the wax paper to remove the sheet of bars from the baking sheet. Cut into 16 bars. Wrap individually in parchment paper and store in the fridge or freezer until ready to eat.

