Homemade No-Bake Trail Mix Granola Bars

Ingredients:
- 1 cup old-fashioned rolled oats
- 1 cup puffed brown rice cereal
- 1/2 cup unsalted chopped almonds
- 1/2 cup roasted and unsalted pumpkin seeds
- pinch salt
- 1 cup medjool dates packed
- 1/3 cup honey
- 1/3 cup peanut butter
- 1 TB pure vanilla extract

Directions:

In a large bowl, combine the dry ingredients: rolled oats, puffed brown rice, chopped almonds, pumpkin seeds, and a pinch of salt.

Place the pitted dates in a food processor bowl, or you can do this step with a knife but it will require more time. Slowly pulse the dates, pausing between pulses, until the dates are chopped into pieces. Ideally the dates shouldn't form a ball, but if this happens you can separate the dates into smaller pieces with your hands. Add the dates to the dry ingredients, and then combine the ingredients with your hands (it helps to wet your hands first!). The mixture should feel sticky once the dates are incorporated in the dry mixture. In a small saucepan, over medium heat, combine the honey and peanut butter. Stir the honey and peanut butter until smooth and creamy. You may need to use a whisk to combine the ingredients. Turn off the heat, and stir in the vanilla extract. Pour the sticky honey and peanut butter over the dry ingredients. Stir to combine the ingredients. Line an 8x8 baking dish with parchment paper. Press the granola down into the pan. I like to use the back of a measuring cup (you'll want to wet the back of the measuring cup first) to level the top of the granola and make sure it's packed tight in the baking dish. Freeze the granola bars for 30 minutes. Remove the granola bars from the freezer and cut into even bars. Place the bars in a freezer-safe container or bag. Freeze the granola bars until you're ready to enjoy

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CONTACT KAILAH TODAY FOR ANY DIETARY NEED.