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Grain-Free "Granola" Bars

By Sarah Kolman

Ingredients:

- 1/4 cup raw honey (or less)
- 1/2 cup almond or peanut butter
- 2 tbsp coconut oil
- 1 tsp pure vanilla extract
- 3/4 cup raw pecan halves (or nut of choice)
- 3/4 cup raw cashews (or nut of choice)
- 1/2 cup raw almonds (or nut of choice)
- 5 large pitted dates, soaked in warm water for 5 minutes
- 1/4 cup shredded, unsweetened coconut
- 1/4 cup goji berries

Instructions:

1. Line a 9-by-13-inch baking dish with parchment paper
2. Place the honey, nut butter, oil, and vanilla in a saucepan over medium heat. Bring to a boil, then lower heat and simmer for 10 minutes.
3. Meanwhile, place the nuts and dates in a food processor and process until the mixture resembles coarse sand. Add the coconut and pulse a few times to combine.
4. Remove the honey mixture from the stove and stir in the nut mixture. Add the goji berries.
5. Spoon the mixture into the baking dish, spreading it out with the back of a spoon.
6. Place a piece of parchment paper on top and use your palms to press the mixture evenly into the pan. Pack it down as tightly as possible to allow the mixture to cohere.
7. Remove the top piece of parchment and place the dish in the freezer for two hours.
8. Remove from the freezer and lift the mixture out of the pan using the edges of the parchment paper. Cut into desired shapes and sizes with a sharp knife. Store in refrigerator or freezer.

think outside the box