

## Breakfast Bar | No Bake Peanut Butter Granola Bar

**Recipe Makes:** 8-10 Bars

**Nutritional Value (per serving)**

**Calories:** 343 kcal    **Protein:** 10.7 g    **Carbohydrate:** 36.1 g    **Fat:** 20 g

### Ingredients

- 1 Cup Instant Oats (Oatmeal)
- 2 Cups Dates, pitted (about 30)
- 1 Cup Almond
- ½ Cup Walnuts
- ½ Cup Peanut Butter
- ¼ Cup Flax Seed Powder
- A pinch of cinnamon

### Optional Ingredients

- Dry fruits, prunes, apricots, cranberries and other dry fruits
- 1 Teaspoon Vanilla Extract
- ½ Cup Chocolate Bar, finely chopped



### Instructions

1. In a heavy bottomed pan, roast the instant oats on medium heat until crunchy. Now transfer into a bowl, Let it cool.
2. Prepare the almond powder, walnut powder and the flaxseed powder separately. If you like a crunchy bar, then you can make the nuts powders coarse.
3. In food processor, blend the dates until it becomes smooth. Now add all the remaining ingredients. Blend them together until it's all combined. The granola bar dough is now ready. (Note: You can add more peanut butter or honey, if you find the dough too dry)
4. Place the granola bar dough in an 8 x 8 square dish and press it down to spread it evenly. Refrigerate for a couple of hours.
5. Cut it into desired sizes and store in an airtight container in the refrigerator for about 3 weeks or outside in a cool place for about a week.