

Chocolate Chip Coconut NoBake Granola Bars

Oscar · 28/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

25

Description

I was looking for a way to have healthier snacks on hand for my kids lunches and on the go snacking This recipe can be modified to include fruit instead of the chocolate The date paste helps hold it together nicely and dates are known as natures candy No refined sugar except for in the chocolate chips You could include carob chips or whatever kind of chips your kids like The dried fruit version is yummy as well

Ingredients

- - 12 ounces dates
- pitted - $\frac{1}{4}$ cup water
- or as needed - 3 cups rolled oats - 2 cups unsweetened shredded coconut - 2 cups miniature chocolate chips - $1\frac{1}{2}$ cups whole raw almonds - ? cup pumpkin seeds - $\frac{1}{2}$ cup salted sunflower seeds - 1 tablespoon ground cinnamon - 1 cup almond butter - 1 cup unsweetened applesauce - 1 teaspoon vanilla extract

Instructions

1. Line a 9x13-inch baking dish with waxed paper so that the paper hangs over the edges of dish. Combine dates and water in a food processor or blender; process until a paste forms
2. adding more water if needed to thin it. Combine oats
3. coconut
4. chocolate chips
5. almonds
6. pumpkin seeds
7. sunflower seeds
8. and cinnamon in a large bowl. Add date paste
9. almond butter
10. applesauce
11. and vanilla extract; mix
12. using your hands
13. until wet ingredients are fully incorporated. Press mixture into the prepared baking dish. Cover with another piece of waxed paper and press down using a can or mini roller. Freeze for 1 hour. Remove dish from freezer and lift out of dish using the edges of the waxed paper. Cut into 25 squares. Cook's Notes: I couldn't find date paste so I made my own. If you can find it already prepared that would be one less step to follow. Bars are best kept wrapped individually for on-the-go healthy snacking. Does not need refrigeration
14. but my kids like them cold and I keep them in one of the drawers of my fridge so they can grab them with a yogurt or applesauce when they're making their lunches. I used a large metal spatula to cut versus a knife.