



Granola Bars

LEVEL: Easy

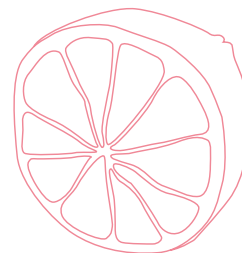
PREP TIME: 5 mins

COOK TIME: 30 mins

Once you realise how easy and delicious these homemade granola bars are, you will never buy store bought ones. These granola bars are great snacks for building glycogen store before a race. Pumpkin seeds and sesame seeds are packed with healthy fats and minerals important for muscle function, bone health, and sleep quality. Don't be afraid of a little bit of molasses and maple syrup as they are good sources of antioxidants, iron, other minerals and B vitamins.

Ingredients

- 1 1/2 cups old fashioned rolled oats
- 1/2 cup unsweetened coconut flakes
- 1/3 cup unsweetened dried cherries, chopped
- 1/3 cup pumpkin seeds
- 1/4 cup sesame seeds
- 1 teaspoon ground cinnamon, 1/4 teaspoon fine sea salt
- 1/2 cup tahini (or nut butter)
- 3 tablespoon virgin coconut oil, melted
- 1/3 cup blackstrap molasses
- 1 teaspoon vanilla extract



Method

- Preheat oven to 350 F. Line a 8x8 baking tin with parchment paper.
- In a large bowl, mix together the oats, coconut, cherries, pumpkin seeds, sesame seeds, cinnamon and salt.
- Add the tahini (or nut butter), melted coconut oil, molasses, and vanilla. Stir to combine.
- Spoon into the baking dish and use a spatula to press down firmly into a compact, even layer.
- Bake in the centre of the oven for 25-30 minutes, or until the top is slightly darker. Remove and let cool completely.
- Once cool, use the parchment paper to lift out and transfer to a cutting board. Cut into 16 squares with a sharp knife.