

Toasted Coconut Orange Granola Bars

Ingredients:

3/4 cup Dates (pitted)
1/4 cup Orange Juice
1/2 cup Maple Syrup or Honey
1/2 cup shredded Coconut (unsweetened)
2 1/2 cups Oats (I use Gluten-Free)
1/4 cup Nut or Seed Butter
1/2 cup Chocolate Chips (optional)
(I use [enjoy life mini chips](#))



Put the oats and coconut on baking sheet and toast in a 350 degree oven or toaster oven for 4-5 minutes. This step just adds a toasted flavor and can be skipped. Puree the dates, orange juice and syrup in the blender till combined (there will be tiny date bits in the mix, this is normal). In a large bowl stir the oat mixture, date mixture and nut or seed butter until well mixed. Fold in in the chocolate chips until evenly dispersed. Spread the mixture out on a parchment lined baking pan and press into, shaping to get your desired thickness. Set in the refrigerator for about 10 minutes. Cut them into desired size and store in an airtight container. I like to wrap them with parchment paper and tape to make them easy to grab on the go. Makes about 20 medium granola bars. Yes, it was that easy!

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