



BANANA-HONEY GRANOLA BARS

By: Raw Energy - Stephanie Tourles

Serves: Yields 18 bars

Ingredients

- 1 medium, very ripe banana, peeled
- 2 cups raw oat flakes
- 1 cup raw almond butter or roasted natural peanut butter
- 1/4 raw honey
- 2 tbs bee pollen
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Coconut oil, (raw & unrefined)

Nutrition per serving:

Calories: 155.2

Fat: 7.7 g

Sat. fat: 1 g

Monounsaturated 4 g

Polyunsaturated 1.5 g

Carbohydrates: 18 g

Fiber: . g

Sugar: 6.9 g

Sodium: 0 mg

Protein: 4.6 g

Directions

1. Put the banana, oats, nut butter, honey, pollen, vanilla, and cinnamon in a food processor or large bowl and blend or stir manually until you have a stiff, cohesive dough ball.
2. Coat a 9-inch square pan with coconut oil and oil your hands as well. Pat the dough evenly into the bottom of the pan. Cover and place in the freezer for 24 hours so that flavors can meld; the texture will become quite firm and chewy. Alternatively, you can roll the dough into bite-size balls if you wish and store in the freezer as instructed below.
3. Cut into nine 3-inch squares, then cut each square in half so that you will have a total of 18 bars
4. Store the bars in a tightly sealed container in the freezer and consume within 2 weeks for the best flavor and texture.