

# No-Bake Cranberry, Chocolate Chip, Sunbutter Granola Bars

Portion Size: 2 each

Yield: 24

## Ingredients:

Oatmeal, Quick Cooking, Dry	6 cups
Dates, Whole, Pitted	1 ½ cups
Maple Syrup, Pure	1 cup
Sunflower Seed Butter	1 cup
Sunflower Seeds, Roasted, Unsalted	½ cup
Semi-Sweet Chocolate Chips	½ cup
Cranberries, Dried	½ cup
Non-stick Cooking Spray	as needed

## Preparation:

1. Pour oats onto a sheet tray and bake in a 300°F oven for 5 minutes or until lightly toasted. Allow to cool at room temperature.
2. In a food processor, process dates until in small pieces. Add maple syrup and sunflower seed butter. Continue processing until combined and smooth (mixture should be thick like peanut butter).
3. In a mixing bowl, combine sunflower seeds, chocolate chips and dried cranberries. Add cooled oats and date mixture to bowl. Using your hands or a spoon, stir until thoroughly mixed.
4. Press granola mixture into 9x13 pan that has been sprayed with nonstick cooking spray to ¾" thick. Chill for 30 minutes before slicing.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
240	5	35	4	18	10	1.5	40



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