

Peanut Butter Granola Bars

1. Melt:
 - a. 1 tsp vanilla
 - b. 1/2 cup natural peanut butter (no sugar)
 - c. 2 TBS coconut oil (or butter if you prefer)
2. In food processor, chop:
 - a. 2 cups nuts (your choice - I used a combo of pecans, almonds, walnuts & pistachios)
 - b. 8 medjool dates (this is the secret ingredient to sweetness!)
3. Then add to the food processor & pulse just enough to mix:
 - a. Melted peanut butter mixture
 - b. 1/4 cup oatmeal
 - c. 1/4 cup shredded unsweetened shredded coconut (optional, but highly recommended)
4. Line an 8x8" pan with parchment paper and press mixture into pan.
5. Sprinkle with 2 additional TBS of unsweetened shredded coconut. (optional but highly recommended)
6. Freeze for one hour to set. Use a sharp knife to cut into rectangles.
7. Enjoy! Store extras in the refrigerator.

The story behind the recipe. I forego added sugar every January as penance for my overindulgence in December. Still, sometimes I do need something just a little sweeter than a piece of fruit. These bars are hearty, nutritious and surprisingly sweet. I hope you enjoy these as much as I do!