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 Easy 5 Ingredient Granola Bars

Makes 10 bars.

Ingredients

1 cup dates, pitted

1/4 cup honey or maple syrup

1/4 cup WOW butter, or peanut butter

1 cup pumpkin seeds, loosely chopped

1½ cup rolled oats

Directions

Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency.

Optional step: Toast your oats in a 350F oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw.

Place oats, almonds and dates in a bowl - set aside.

Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

Once thoroughly mixed, transfer to an 8x8 pan or other small pan lined with parchment paper so they lift out easily. Press down until uniformly flattened. Cover with parchment and let set in fridge or freezer for 15-20 minutes to harden.

Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a week or keep in freezer.

Variations: Add vanilla, chocolate chips, seeds, nuts, banana chips