

Apple, Cranberry And Almond Granola Bars

Makes: Four bars

Per Serving: 211 calories 7.5g fat 3.5g protein 36g carbohydrates 7g fiber 11mg sodium

Prep time: 5 minutes

Cook time: 10 minutes

Store-bought granola bars are usually loaded with sugar and ingredients you can't pronounce, not to mention they're usually super expensive. With this easy recipe, you'll make your own protein bar in less time than it takes to run to the store to buy one. This is a raw, unadulterated protein bar with zero added sugar. You get the protein naturally from the almonds, and fiber from the oats and cranberries -- a delicious combination of whole foods.

Ingredients

2 cups freeze-dried apple chips (such as Bare Fruit Simply Cinnamon)

¼ cup toasted slivered almonds

¼ cup unsweetened dried cranberries

¼ cup toasted rolled oats

2 tablespoons raw almond butter

2 packets monk fruit extract (such as Monk Fruit In The Raw) Salt

Cayenne pepper

1 tablespoon coconut nectar (such as Coconut Secret)

Method

1. Crush the apple chips, almonds, cranberries, and oats together in a mixing bowl. In another mixing bowl, combine the almond butter, monk fruit extract, and a pinch of salt and cayenne and mix until smooth. Add the coconut nectar to a small nonstick skillet and place over medium heat. Once it simmers, transfer the nectar to the almond butter bowl using a rubber spatula and mix well. Stir in the crushed ingredients and mix well to coat everything evenly.

2. Place a piece of plastic wrap at least 16 inches long on a clean work surface and lay the almond mixture down the middle of the wrap. Fold the wrap over the mixture and shape it into a long bar. Cut the bar into four pieces, and serve, or store in an airtight container in the refrigerator for up to 5 days.