



# Almond Butter Granola Bars (gluten-free, dairy-free, no bake, refined sugar-free)

**Prep Time** 15 minutes

**Total Time** 15 minutes

**Servings** 12 bars

**Calories** 127 kcal

## Ingredients

- 1 cup oats, certified gluten-free
- 1 cup almonds, finely chopped
- 1/2 tsp cinnamon
- 1/4 tsp salt (omit if using salted almond butter)
- 1 cup almond butter
- 1/4 cup honey
- 1/2 tsp vanilla
- 1/3 cup chocolate chips (optional, dairy-free if necessary)

## Instructions

1. To begin, line a 9x9 pan with parchment paper, with two sides sticking out for easy removal.
2. In a medium sized mixing bowl, add your dry ingredients (oats, almonds, cinnamon and salt) and stir together.
3. In a large, microwavable mixing bowl, add your almond butter and honey. Microwave in small increments till they are warm and easier to stir together. Stir them together, add your vanilla in, and then stir together again.
4. Now, add your dry ingredients into your wet ingredients and stir/fold your ingredients together until you have a thick, well combined, granola bar "batter." Add your chocolate chips and fold them into your batter.
5. Add your granola bar "batter" to the pan and spread it into one thin, even layer. Holding the edges of the parchment paper, to help spread the mixture out smooth.
6. Cover your pan and put it into the freezer for one hour for the bars to set up.
7. Remove from the freezer, and place your granola bar sheet onto a cutting board. Cut into whatever size you would desire, I prefer to cut mine into 12 bars (2x6).

## Recipe Notes

Store these bars in the fridge and they will last about a week. You can also freeze them, individually packed, and they will last about a month.