

## Chocolate Cherry Almond Granola Bars

Whole grains, almonds, dried cherries, nut butter, maple syrup and vanilla all mixed to form a sweet, delicious bar then drizzled with a dark chocolate! In today's society, we can never be certain of the "healthy" labels. All the granola and oat bars are labeled with some type of health gimmick, but after seeing all the high fructose corn syrup and junk, you second guess the label. Well, with this recipe, you can rest assured your snack will be packed with high quality nutrients! It is even gluten-free and vegan-free for those who prefer these options.

### Ingredients:

1 cup	Gluten-free rolled oats
¾ cup	Puffed brown rice
½ cup	Sliced almonds (unsalted)
1 tbsp	Chia seeds
¾ cup	Dried cherries, chopped
¼ tsp	Kosher salt
1/3 cup	Almond butter, creamy
1/3 cup	Pure maple syrup (can use honey or agave)
1 tsp	Vanilla extract
¼ cup	Dairy-free mini chocolate chips
2 oz	Dairy-free dark chocolate, chopped
1 tbsp	Oil (one with a neutral flavor)

### Directions:

1. Line an 8x8 pan with parchment paper. Set aside.
2. Mix the oats, puffed rice, almonds, chia seed, and kosher salt together in a large bowl. Set aside.
3. Melt the almond butter and maple syrup together in the microwave. Mix in the vanilla extract. Let the mixture get hot.
4. Pour the almond butter mixture over the oat and puffed rice mixture. Stir until the almond butter evenly coats all ingredients. Fold in mini chocolate chips
5. Add in the rest of the ingredients and mix well.
6. Press the mix in to the 8x8 pan. Chill for 2-3 hours.
7. In a small bowl, microwave the chopped chocolate and oil until chocolate is melted. Whisk together until thoroughly combined and smooth. Drizzle over the pressed oat bars in the 8x8 pan. You can use a fork to do this or simply pour slowly from the bowl.
8. Cut in to 8 bars.
9. Store in an airtight container for up to 6 days. They taste best if stored in the fridge.

### Nutrition Facts:

Servings: 8 bars

Serving size: 1 bar

Chocolate Cherry Almond Granola Bars		
Nutrition Facts		
Serving Size: 1 Bar		
Amount Per Serving		% Daily Value*
Calories	289.9 kcal	14 %
Total Fat	14.2 g	22 %
Saturated Fat	3 g	15 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3.9 mg	0 %
Total Carbohydrate	40 g	13 %
Dietary Fiber	4.6 g	18 %
Sugars	16.9 g	
Protein	6.3 g	13 %
Vitamin A	3 %	Vitamin C 0 %
Calcium	7 %	Iron 15 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at [cronometer.com](http://cronometer.com) </>