

INGREDIENTS

1 1/2 cups large flake oats
1/2 cup chopped almonds (optional)
1 cup bran flakes
1 cup raisins
1/4 cup liquid honey
1/4 cup natural almond or peanut butter

For this recipe, we rolled the granola into bite sized pieces .

DIRECTIONS

In a large nonstick skillet, toast oats and almonds, if using, over medium heat, stirring often for about 8 minutes or until light golden and fragrant. Pour into a large bowl and let cool slightly; stir in bran flakes.

In the bowl of a food processor, pulse dates until finely chopped.

In a small saucepan, heat together honey and almond butter over medium low heat until melted and smooth. Add dates and stir to combine. Pour into oat mixture and stir together until dates are distributed evenly throughout and oats are coated well.

Press mixture into 23 cm (9 inch) parchment or foil lined baking pan and press to flatten evenly. Cover and refrigerate for at least 1 hour or until firm. Cut into bars and wrap individually with plastic wrap and for up to 1 week.

Recipe credit: Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation - Canada.ca

