

CHEWY SNACK BARS

Serves: 4*

Serving Size: 1 granola bar

Prep: 15 minutes

Cook: 40 seconds

1 cup pitted dates
water
1¾ quick cook oats**
¼ tsp. salt
2 tbsp. coconut oil
1 tbsp. unsalted butter
2 tbsp. honey
¼ cup favorite nut butter (sunflower,
almond, peanut, etc.)

1. In a small bowl, add dates, cover with hot water; soak 10 minutes. Drain water, transfer to Power Chef® System. Pull cord until finely minced.
2. Transfer dates to a medium bowl; add oats and salt. Using hands, knead mixture until oats are moist and dates are well distributed.
3. In the 2-cup/500 mL Micro Pitcher, add coconut oil, butter, honey, and nut butter. Microwave on high power 40 seconds; stir until well combined and smooth. Pour over oat mixture. Using hands, knead ingredients together until moist and sticky.
4. Fill the Snack Bar plunger with the oat mixture, about ½-cup; transfer to one compartment of the SnackBar Maker. Using the plunger, firmly press mixture to form a bar. Repeat with remaining oat mixture, dividing any extra evenly between the four compartments and firmly pressing with plunger. Place seal on SnackBar Maker, refrigerate 1 hour or until bars are set.
5. Refrigerate, covered, up to 7 days.

TRY THESE MIX-INS TO MAKE IT SWEET, SALTY, OR CRUNCHY:

½ cup shredded, unsweetened coconut
½ cup nuts, chopped (peanut, almond, pecan, pistachio)
½ cup pumpkin or sunflower seeds
¾ cup mini chocolate chips
½ cup dried cherries or cranberries

*Recipe yield will change when incorporating additional ingredients, up to 8 bars, depending on how many mix-ins.

**Do not substitute old fashioned oats for quick cook oats.

Note: Top with drizzled melted chocolate or caramel

Tupperware®

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