



Long Livo

Homemade No Bake Granola Bars

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Snack

Course

Ingredients

Granola Base

- ☐ 2 cups rolled oats
- ☐ 1 cup mixed nuts, roughly chopped
- ☐ ½ cup dried fruit (cranberries or raisins)
- ☐ ¼ cup unsweetened shredded coconut (optional)

Binding Mix

- ☐ ½ cup honey
- ☐ ¼ cup coconut oil
- ☐ 1 tsp vanilla extract
- ☐ ¼ tsp sea salt

Instructions

- 1 In a large skillet over low heat, toast the oats and nuts for 3-4 minutes, stirring often until fragrant.
- 2 While the oats cool slightly, warm the honey and coconut oil together in a small saucepan until just melted; add vanilla and sea salt, then remove from heat.
- 3 Combine the toasted oats, nuts, dried fruit, and coconut in a mixing bowl; pour the honey-oil mixture over and stir until everything is evenly coated.
- 4 Press the mixture firmly into a parchment-lined 8×8-inch pan. Use the back of a flat glass to smooth the top.
- 5 Refrigerate for at least 30 minutes, then cut into 12 bars. Store in an airtight container.

Nutrition per serving

180 kcal

Calories

4 g

Protein

22 g

Carbs

9 g

Fat

Tips & notes

- If you prefer a softer bar, reduce the honey slightly or add a tablespoon of nut butter.
- For extra crunch, sprinkle a few extra nuts on top before chilling.
- Oops, remember to line the pan; otherwise the bars may stick.