

NO-BAKE GRANOLA BARS

Portions: 8

Preparation: 10 minutes

| QUANTITY | INGREDIENTS | PREPARATION |
|--------------------------|--|--|
| 60 ml (¼ cup) | honey | <ol style="list-style-type: none"> 1. Line a 20 cm (8 x 8 in.) square baking pan with parchment paper. 2. In a large bowl, combine all the ingredients and mix well. 3. Pour the mixture into the pan and flatten with a wet fork. 4. Cover with plastic wrap and refrigerate for at least 2 hours. 5. Cut into 8 pieces. |
| 30 ml (2 tablespoons) | cocoa | |
| 125 ml (½ cup) | your choice of dried fruit: dried cranberries, raisins, apricots, etc. | |
| 75 ml (⅓ cup) | unsweetened coconut | |
| 60 ml (¼ cup) | pumpkin seeds | |
| 375 ml (1 ½ cups) | rolled oats | |
| 125 ml (½ cup) | unsweetened applesauce | |
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