

No Bake Granola Bars

- 1 ½ cups gluten free rolled oats
 - 1 cup peanut butter, almond butter, or sunflower butter
 - ½ cup dried tart cherries
 - ½ cup pistachios
 - ¼ cup flaxseed meal or ground chia seeds
 - ½ cup walnuts
 - ½ cup pumpkin seeds
 - ¼ cup sunflower seeds
 - 1/3 cup maple syrup or honey
 - ¼ - ½ cup unsweetened applesauce
 - Melted dark chocolate for drizzling, optional
1. Line an 8x8 inch baking pan with parchment paper and set aside.
 2. In a large mixing bowl or a stand-up mixer, add all the ingredients. Mix thoroughly until combined. (I start with the liquids and sticky stuff, then add the nuts, seeds and cherries.
 3. Press the mixture firmly into the prepared baking pan. Place in the fridge until the mixture sets, about 3-4 hours. Cut into bars and serve. Cover leftovers and store them in the fridge for up to a week.
 4. If you like, drizzle a small amount of melted dark chocolate over the bars before you place them in the fridge.