

Pink Granola Bars (with Same Bio)



Discover the delightful Pink Granola Bars with [Same Bio's blend of local fruits and vegetables](#). A scrumptious combination of grains, dried fruits, and a hint of natural sweetness. Enjoy an energizing and nutritious snack!

Preparation 10 min

Cooking 30 min

Servings 8

Nutrition Facts (per serving)

Calories 280

Fat 11

Carbohydrates 37

Fibre 6

Protein 8

Sodium 80

Ingredients

- 80 ml (? cup) dried dates
- 125 ml (½ cup) water
- 500 ml (2 cups) rolled oats
- 125 ml (½ cup) dried cranberries
- 80 ml (? cup) pumpkin seeds
- 60 ml (¼ cup) [Hemp and Cranberry Same Bio Powder](#)

- 30 ml (2 tbsp) ground flax seeds
- 80 ml (1/3 cup) honey
- 30 ml (2 tbsp) vegetable oil
- 1 large egg

Preparation

1. Preheat the oven to 350°F (180°C). Lightly grease a 20-cm (8-inch) square pan with vegetable oil or line with parchment paper.
2. In a microwave-safe cup, heat dates and water for about 2 minutes or until dates are softened and well soaked in water.
3. Mash potato dates with a fork until pureed.
4. In a large bowl, mix all ingredients together with a large spoon.
5. Spread mixture evenly in pan with a spatula.
6. Bake for 30 minutes. Let cool for 15 minutes before dividing into 8 portions.

Notes

Can be stored for 1 week in an airtight container or 1 month in the freezer.



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