

Homemade Cherry Granola Bars



Here is a practical and nourishing snack, designed by a dietitian to combine pleasure, balance, and simplicity. Made with whole grains and rich in fibre, these homemade cherry granola bars help support satiety, in addition to promoting [cholesterol](#) and blood sugar management. Perfect for lunch boxes or snacks on the go, they are easy to prepare with simple ingredients and offer a tasty alternative to store-bought bars.

Preparation 15 min

Cooking 2 min

Waiting 60 min

Servings 12

Nutrition Facts (per serving)

Calories 205

Fat 13

Carbohydrates 15

Fibre 4

Protein 7

Sodium 25

Ingredients

- 125 ml (½ cup) large-flake oats
- 80 ml (? cup) dried cherries
- 80 ml (? cup) pumpkin seeds, coarsely chopped

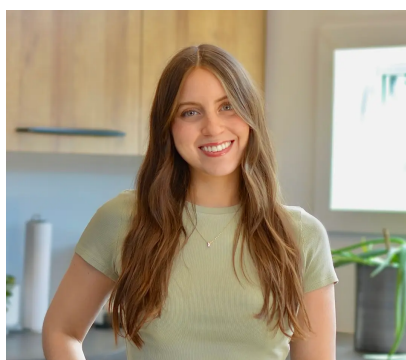
- 45 ml (3 tbsp) chia seeds
- 15 ml (1 tbsp) psyllium
- 30 ml (2 tbsp) coconut oil
- 30 ml (2 tbsp) unsweetened cocoa powder
- 180 ml (¾ cup) soy butter (such as Wowbutter) or unsweetened sunflower seed butter
- 30 ml (2 tbsp) maple syrup
- 45 ml (3 tbsp) water
- 5 ml (1 tsp) vanilla extract

Preparation

1. Line an 8-inch (20 cm) square pan with parchment paper, letting the edges overhang for easy removal.
2. In a medium bowl, combine the rolled oats, dried cherries, pumpkin seeds, TVP, chia seeds, and psyllium husk. Set aside.
3. In a small saucepan over medium-high heat, melt the coconut oil for 1 to 2 minutes until liquid, then add the cocoa powder, soy butter, and maple syrup. Stir until smooth, then remove the saucepan from the heat.
4. Add the vanilla extract and water to the saucepan and stir vigorously. The mixture will thicken quickly.
5. Pour the liquid mixture from the saucepan over the dry ingredients in the medium bowl. Stir with a spatula until the oats are completely coated and moistened.
6. Transfer the mixture to the prepared mold and press firmly over the entire surface with the back of a spoon to compact the bars.
7. Place the mold in the refrigerator and let it set for at least 1 hour to allow the mixture to firm up. Unmold and cut into 12 equal bars.

Notes

Keeps for 5 days in the refrigerator in an airtight container or 3 months in the freezer.



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