

ONE BITE

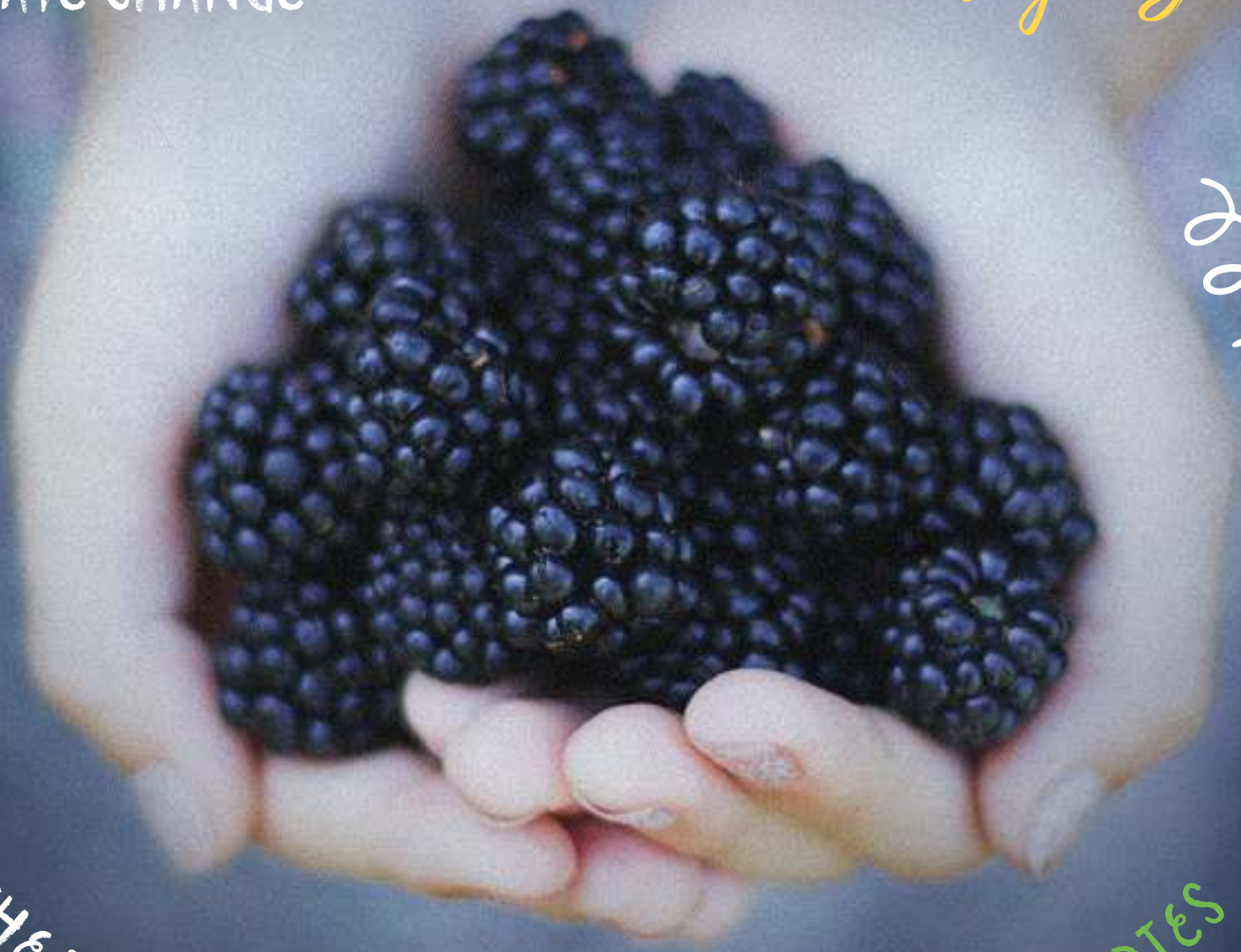
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

HEALTHY CHEWY

No Bake GRANOLA BARS

PREP TIME:
15 minutes

COOK TIME:
40 minutes

TOTAL TIME:
55 minutes

SERVINGS:
12

CALORIES:
131kcal

By Elena Szeliga

Healthy Chewy No Bake Granola Bars Recipe: The only recipe for granola bars you'll ever need. Easy, delicious and customizable portable snack or breakfast treat packed with nutrients and flavor! It makes a great homemade Christmas gift as well!

INGREDIENTS

- 140 grams or 1 ½ cups old-fashioned rolled oats
- 60 grams or ½ cup walnuts roughly chopped
- 40 grams or ⅓ cup pumpkin seeds
- 40 grams or ¼ cup chia seeds
- 40 grams or ⅓ cup Goji berries
- 2 teaspoons ground cinnamon
- 10 soft dates pitted
- 4 tablespoons maple syrup
- 3 tablespoons liquid coconut oil
- 50 grams or ⅓ cup pomegranate seeds

INSTRUCTIONS

1. Toast rolled oats, roughly chopped walnuts and pumpkin seeds in a dry pan over medium heat for about 5-7 minutes, stirring occasionally. Mix them well with chia seeds, goji berries and cinnamon and set aside.
2. Blend pitted dates, maple syrup and liquid coconut oil until smooth. Combine dry and liquid ingredients and add pomegranate seeds.
3. Line a 17 x 26 cm (6 x 10 inches) or similar size baking pan with parchment paper and gently spread the mixture evenly across the bottom. Press it down very firmly using the base of a glass. Chill the mixture in the freezer for at least 40 minutes, better 60 minutes until firm.
4. Lift the parchment paper and adjust the shape of the edges to your liking. Put into 12 bars with a sharp knife. If you want to give them as gifts: Wrap each bar in a parchment paper strip and decorate with a striped string. Enjoy!

Elena Szeliga



Elena Szeliga is the recipe developer behind HappyKitchen.Rocks. She created the blog back in 2015 to combine her love of cooking and photography and share her recipes with her fans. HappyKitchen.Rocks is devoted to producing delicious and healthy vegetarian and vegan recipes that anyone can make.

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