

## Vegan Granola Bars (Copy)

These vegan granola bars make a deliciously satisfying breakfast-on-the-go or midday snack, and are super easy to make.

🕒 Preparation 30 minutes ● Total 40 minutes 10.1 portions

### Ingredients

or	or
200 grams of uncooked rolled oats	50 grams of sunflower seeds, unsalted
or	or
100 grams of cranberries	60 grams of linseed or flaxseed
or	or
75 grams of pumpkin seeds	80 grams of peanut butter, smooth or crunchy, no added sugar or salt
or	or
100 grams of almonds, with or without skin, unsalted	100 grams of pure maple syrup (100% maple)

### Cooking method

- 1  
Line a shallow baking tin with grease proof paper, or lightly grease with coconut oil.
- 2  
Mix together the dry ingredients in a bowl
- 3  
Gently heat the peanut butter and maple syrup in a saucepan, when combined pour over the dry ingredient mixture and mix thoroughly.
- 4  
Transfer the combined mixture to the baking tray and press down very firmly.
- 5  
Chill for at least 20 minutes, remove from the tray and cut into 10 bars.