



# Homemade Healthy Oatmeal Granola Bars

*These granola bars are incredibly easy to make, packed with healthy ingredients and most importantly, they taste delicious. They are naturally sweetened with banana and applesauce and contain healthy fats from the seeds. These are a great addition to a simple breakfast of yogurt and fruit or for a quick snack on the go!*

Prep: 10 minutes • Total: 30 minutes

## Ingredients:

Rolled oats	3 ½ cups	875 mL
Pumpkin seeds	½ cup	125 mL
Sunflower seeds	½ cup	125 mL
Ripe banana	3 each	3 each
Unsweetened applesauce	2/3 cup	160 mL
Dried cranberries	½ cup	125 mL
Cinnamon	1 tsp	5 mL
Ground flax seed	2 Tbsp	30 mL

## Directions:

1. Preheat oven to 350 °F. Line a 9 by 13 inch baking sheet with parchment paper.
2. In a medium bowl mash the bananas and stir in applesauce until combined.
3. In a separate bowl mix all the dry ingredients. Stir into the banana mixture until well combined.
4. Transfer to the prepared baking dish and press down evenly.
5. Bake until the bars are golden brown and starting to separate from the sides of the pan, about 30 minutes.
6. Let cool for 15 minutes then cut into 15 bars. Store in an airtight container in the fridge.

## Nutrition Facts

Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
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% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	
<b>Protein</b> 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: *Cookin' Canuck*

Makes 15 servings (62 g/serving) • 1 serving = 1 bar

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