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## Healthy 5-Ingredient Granola Bars

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes

**Cost per serving:** \$0.17

### What you need:

#### Utensils:

- Measuring cups
- Large mixing bowl
- Mixing spoon
- Blender or food processor
- Sauce pan
- Baking sheet
- Plastic wrap or parchment paper
- Cutting board and knife

#### Ingredients:

- 1 cup packed raisins
- ¼ cup of honey
- ¼ cup of creamy peanut butter
- butter
- 1 cup of sliced almonds
- 1 ½ cup of rolled oats

#### What to do:

1. Wash your hands and clean your cooking area.
2. Process raisins in a blender or food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. Optional step: Toast your oats in a 350 degree oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw.
3. Place oats, almonds and raisins in a bowl - set aside.
4. Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the raisins to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily.
6. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
7. Remove bars from pan and chop into 10 even bars. Store in an airtight container for up to a few days.

### Nutrition Facts

|                               |                             |
|-------------------------------|-----------------------------|
| Serving Size 1 bar            |                             |
| Servings Per Container 10     |                             |
| Amount Per Serving            |                             |
| <b>Calories 210</b>           | <b>Calories from Fat 70</b> |
| <small>% Daily Value*</small> |                             |
| <b>Total Fat 8g</b>           | <b>12%</b>                  |
| Saturated Fat 1g              | 5%                          |
| Trans Fat 0g                  |                             |
| <b>Cholesterol 0mg</b>        | <b>0%</b>                   |
| <b>Sodium 50mg</b>            | <b>2%</b>                   |
| <b>Total Carbohydrate 33g</b> | <b>11%</b>                  |
| Dietary Fiber 3g              | 12%                         |
| Sugars 18g                    |                             |
| <b>Protein 6g</b>             |                             |
| Vitamin A 0%                  | • Vitamin C 0%              |
| Calcium 4%                    | • Iron 8%                   |