



## Hazelnut Chocolate Granola Bar

Improves: Iron Group, Testosterone Group, Liver Enzymes Group, Inflammation Group, Platelet Group, Lipid Group, Glucose, Magnesium, Cortisol, DHEAS



### Ingredient List:

- 1/4 cup pitted dates
- 1 tbsp almond butter
- 1/4 cup hazelnuts
- 1/4 cup Old Fashioned Rolled Oats
- 1 tbsp dark chocolate chips
- 2 tbsp cocoa powder

 **Prep Time:** 30 min  
**Cook Time:** 5 min

 **Special Kitchen Tools:**

### Recipe Directions and Serving Size

Preheat oven to 350F.

Spread the oats on a small baking sheet and toast the oats in the oven until they are golden brown.

In a food processor, process the dates until it is possible to form a ball. Transfer it to a mixing bowl.

To the mixing bowl, add the hazelnuts, oats, and chocolate chips and cocoa powder. In a separate, microwave-safe bowl, warm honey and almond butter in the microwave for 10-15 seconds. Quickly transfer the warm honey and almond butter to the bowl containing dates, hazelnuts, oats, and chocolate chips. Stirring quickly to form an even mixture before it solidifies.

Line a shallow bread pan with parchment paper and pour in the mixture. Place a second piece of parchment paper on top of the mixture and press into a bar shape.

Place in the freezer for 10 minutes to let set. Remove from the freezer and remove the parchment paper. Makes one serving.