

# NUT BUTTER GRANOLA BARS

Preparation: **10–15** minutes | Cooking: **30–35** minutes | Servings: **16**

## INGREDIENTS

*1 large egg white*  
*2 cups raw nuts (almonds, walnuts, pecans)*  
*2 cups old-fashioned oats, divided*  
*1 1/4 cups dried fruit (cherries, raisins, dates, apricots and/or blueberries)*  
*3/4 cup natural peanut butter (unsalted or low salt)*  
*1/2 cup raw pumpkin seeds*  
*1/2 cup plus 2 tablespoons honey*  
*3 tablespoons extra-virgin olive oil*  
*2 teaspoons kosher salt*  
*2 teaspoons vanilla extract*



## INSTRUCTIONS

Preheat oven to 350 degrees. Spread nuts and seeds in a 13-inch-by-9-inch baking pan and roast until darkened, 10-12 minutes. Transfer to food processor and let sit until cool. Reduce oven temperature to 300 degrees. Lightly oil the baking pan and line with parchment paper, leaving overhang on both horizontal sides. Add 1 cup oats to nut mixture in food processor and pulse until nuts are broken down to a sandy mixture. Transfer to large bowl. Pulse any dried fruit larger than a raisin in food processor until finely chopped. Transfer to bowl with nut mixture. Add remaining 1 cup oats to bowl and stir to combine, breaking up any fruit stuck together. Add 3 tablespoons oil and stir to coat. Add peanut butter, but do not stir. Boil honey, salt and vanilla in a separate saucepan over medium heat; reduce and simmer until honey is foaming and smells like caramel. Quickly pour over peanut butter and stir, breaking up any clumps of the nut butter. Stir egg white with fork or whisk in small bowl to liquefy. Add to oat mixture and stir until egg white is no longer visible. Transfer oat mixture to pan, pressing firmly into an even layer, and bake 30-35 minutes until golden brown and no longer sticky or wet.