

Choco Fever Dream

Homemade No Bake Granola Bars

10 min Prep time	**10 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Granola Base

- [ ] 2 cups rolled oats
- [ ] 1 cup mixed nuts, roughly chopped
- [ ] ½ cup dried fruit (cranberries or raisins)
- [ ] ¼ cup unsweetened shredded coconut (optional)

Binding Mix

- [ ] ½ cup honey
- [ ] ¼ cup coconut oil
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp sea salt

Instructions

1. In a large skillet over low heat, toast the oats and nuts for 3-4 minutes, stirring often until fragrant.
2. While the oats cool slightly, warm the honey and coconut oil together in a small saucepan until just melted; add vanilla and sea salt, then remove from heat.
3. Combine the toasted oats, nuts, dried fruit, and coconut in a mixing bowl; pour the honey-oil mixture over and stir until everything is evenly coated.
4. Press the mixture firmly into a parchment-lined 8×8-inch pan. Use the back of a flat glass to smooth the top.
5. Refrigerate for at least 30 minutes, then cut into 12 bars. Store in an airtight container.

Nutrition per serving

180 kcal	4 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a softer bar, reduce the honey slightly or add a tablespoon of nut butter.
- For extra crunch, sprinkle a few extra nuts on top before chilling.
- Oops, remember to line the pan; otherwise the bars may stick.