A close-up photograph of several round granola bites. The bites are light brown and have a textured, crumbly appearance. They are arranged in a row, with the one in the foreground being the most detailed. The background is softly blurred, showing more granola bites.

# Granola Bites

WAYS  WELL

---

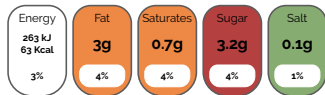
# Granola Bites

Vegetarian and High Fibre | Contains peanuts, nuts, sulphites and gluten (oats)

**MAKES 30 BITES**

---

Per Average Serving



Of an adult's Reference Intake (84000kJ / 2000Kcal)

Typical values per 100g: Energy 1676kJ/401Kcal

.....

## INGREDIENTS:

15g toasted flaked almonds	125g crunchy peanut butter
150g oats (use gluten-free if required)	50g clear honey
50g dates, finely chopped	10g sunflower seeds
½ tsp cinnamon	40g dried apricots, finely chopped
10g desiccated coconut	

.....

## METHOD:

1. Blitz the flaked almonds and 25g oats in a blender until you have a fine crumb. Set aside.
2. Soak the dates in enough boiling water to just cover them, leave for 5 minutes.
3. Drain the dates (reserving the water) and combine with the remaining ingredients. Stir until the mixture is well combined, using the water from the dates to help bring it together if required. Or blitz in a blender.
4. Oil hands and roll the mixture into 15g balls then in the almond and oat crumb (if the crumb isn't sticking well roll the balls in water before the crumb). Keep in an airtight container in the fridge.
5. Tip: switch the honey for an alternative sweetener (such as maple syrup) if you want them to be suitable for vegans.