

# Popped Amaranth Granola Bar Recipe

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Prep. time : 10 minutes

Cook time : 0 minutes

Ready in 10 minutes plus cooling

Level : Basic

## Ingredients:

- Popped amaranth 50g (1.8oz)
- Whole almonds, toasted 150g (5.3oz)
- Dried cranberries 150g (5.3oz)
- Slivered almonds 100g (3.5oz)
- Honey 150g (3.5oz)
- Almond Butter 150g (3.2oz)
- Coconut oil 125g (4.4oz)

## Directions

1. Put popped amaranth, toasted almonds, toasted slivered almonds, and dried cranberries into a large bowl and mix well.
2. Add warm almond butter, warm honey, and melted coconut oil, and stir well with a silicone spatula.
3. Transfer the mixture into a 20cmx20cm (8"x8") baking pan lined with parchment paper, and smooth the top with the back of a spoon.
4. Put the pan in the fridge for about an hour to set.
5. When the mixture sets, cut it into bars and store them in the fridge.