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## Homemade Nutty Chocolate Granola Bars

Makes 20-24 small square bars

### *Ingredients:*

1 1/2 mashed banana  
1/4 cup honey  
1/2 cup whole oats  
1/4 cup coconut flour  
1/2 cup hemp hearts  
1/2 cup sunflower seeds  
1/4 cup flaxseed (whole or ground)  
1/4 cup almonds  
1/4 cup pecans  
4 chopped dried figs  
1/4 cup shredded unsweetened coconut  
1/4 cup dark chocolate chips

### Frosting or Drizzle:

1/4 cup dark chocolate chips  
1/2 teaspoon coconut oil

### *Directions:*

1. Whisk together mashed banana with honey.
2. In separate bowl, mix together oats and flour.
3. Blend together oat mixture and banana mixture
4. Add all other ingredients, except frosting ingredients, and mix until blended.
5. Place mixture into prepared 7 x 11 baking dish and press into even layer.
6. Bake at 350 degrees for 25-28 minutes.
7. Cool on rack for 30 minutes.
8. Make frosting by melting chocolate chips with coconut oil either in double boiler or microwave. If melting in microwave, be sure to melt in 1 minute increments to avoid burning.
9. Drizzle or spread frosting on top of baked and cooled mixture. Let stand until chocolate topping has hardened.
10. Cut into 1 1/2 inch squares.