

# Dark Chocolate Cherry Granola Bars

## Ingredients:

- 1 cup tart cherries, dried
- 2 cups old fashioned oats
- 1 cup walnuts
- 1/4 cup flax seed meal
- 1 teaspoon salt
- 2 eggs
- 2/3 cup honey
- 1/4 cup dark or regular cocoa powder
- 1 teaspoon vanilla
- 1/2 cup dark chocolate chips

## Directions

1. Pre-heat oven to 350°F.
2. Spray a 9" x 13" baking pan with cooking spray.
3. In a food processor, pulse together cherries, oats, walnuts, flax seed meal, and salt until finely chopped, to the consistency of sand.
4. In a large bowl, mix together eggs, honey, cocoa powder, and vanilla until smooth.
5. Add the dry mixture to the bowl; mix until evenly coated with chocolate honey mixture.
6. Add dark chocolate chips to the bowl and mix again.
7. Pour mixture into prepared baking dish and spread out in an even layer.
8. Sprinkle additional tart cherries and chocolate chips on before baking 20 — 25 minutes.
9. Let bars cool completely before slicing.

## Nutrition Facts

Serving Size 1 Bar (59g)  
Servings Per Container 16

Amount Per Serving

**Calories 210**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 160mg**      **7%**

**Total Carbohydrate 33g**      **11%**

Dietary Fiber 4g      **16%**

Sugars 21g

**Protein 5g**

Vitamin A 4%      • Vitamin C 0%

Calcium 2%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

