



## Kaldi's Almond Granola Bar

### Ingredients:

2 cups whole oats  
1 cup sliced almonds  
¼ t salt  
1 t cinnamon  
½ cup almond butter  
1 T butter  
1/3 cup honey  
1 t vanilla  
½ cup dark chocolate chips, minis preferred plus 1 T reserved for sprinkling

Preheat the oven to 350 degrees and line an 8x8 glass baking dish with foil.

Combine the oats, almonds, salt and cinnamon in a large bowl. Combine the almond butter, honey, butter and vanilla in a large glass measuring cup. Cover with a wet paper towel and microwave for 30 seconds. Stir to combine thoroughly.

Pour the warm honey mixture into the dry ingredients and stir until the dry ingredients are evenly moistened. Stir in ½ cup chocolate chips. Press the mixture firmly and evenly into the prepared baking dish. Sprinkle the remaining 1 tablespoon of dark chocolate chips over the top and press in gently. Score into 16 bars. Bake at 350 for 18-20 minutes or until golden brown and a bit crispy around the edges. Cool in the dish for about 10 minutes, then remove and cut into 16 bars. Makes 16 bars.

**Skills:** measuring, combining

**Equipment:** 8x8 glass baking dish, foil, large glass measuring cup

Inspired by & adapted from Kaldi's Coffee Roasting Co., St. Louis, MO

<b>Nutrition Facts</b>	
Serving Size: 1/16 of recipe (0.0g)	
Servings Per Container: 16	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 8%
* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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