

## Ultimate Chewy Granola Bars (Luteal)

Combine together:

- 2 cups oats
- ½ cup whole wheat flour
- 2 Tbsp flaxseed
- 2 Tbsp chia seed
- 1 teas ground cinnamon

Add in (I like to combine these on the side of the same bowl, then mix in with the dry ingredients to save on dishes):

- ½ cup mashed ripe banana (about 1 full banana)
- ½ cup sweet potato puree
- 2 Tbsp maple syrup
- ½ cup non dairy milk (I use unsweetened almond milk)
- 1/3 cup almond butter
- 1 teas vanilla extract

Add in ¼ cup raises, nuts or chocolate chips. Mix together until combined. Sprinkle chocolate chips on top. Bake at 350\* for 20-25 minutes. Allow to cool, then cut into squares. These keep up to 5 days in the refrigerator or can be kept frozen for 2-3 months.

*Best for the Luteal phase.*

