

Dark Chocolate Granola Bites

9 ingredients · 20 minutes · 18 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
3. Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
4. Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

Notes

Leftovers

Freeze in an airtight container or bag for up to three months.

Serving Size

One serving is two mini muffin-sized granola bites.

No Sunflower Seed Butter

Use almond butter, tahini or peanut butter.

No Maple Syrup

Use raw honey instead.

Enjoy it Raw

Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

No Mini Muffin Tray

Use a regular muffin tray or a baking pan and adjust cooking time as needed.

Ingredients

1/2 cup Maple Syrup

1 cup Sunflower Seed Butter (melted)

1 cup Oats (rolled)

3/4 cup Unsweetened Coconut Flakes

142 grams Dark Chocolate (chopped, or Dark Chocolate Chips)

1/4 cup Raisins

1 tsp Cinnamon

1/4 cup Whole Flax Seeds

1/4 cup Chia Seeds

Nutrition

Amount per serving

Calories	230	Vitamin D	0IU
Fat	16g	Vitamin E	3mg
Carbs	21g	Vitamin K	1µg
Fiber	4g	Thiamine	0.1mg
Sugar	11g	Riboflavin	0.2mg
Protein	5g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	6mg	Folate	37µg
Potassium	229mg	Vitamin B12	0µg
Vitamin A	11IU	Phosphorous	155mg
Vitamin C	0mg	Magnesium	88mg



Calcium	50mg	Zinc	1mg
Iron	2mg	Selenium	17µg