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chocolate cranberry almond bars

MAKES 12 TO 16 BARS PREP TIME: 20 minutes COOK TIME: 25 to 30 minutes

- 1 egg
- 1 teaspoon vanilla extract
- 1/3 cup granulated sugar
- 1/3 cup packed light brown sugar
- 1 cup unbleached all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup coconut oil, melted
- 1/4 cup smooth, unsweetened applesauce, store-bought or homemade ([see recipe for Carrot Cake Pancakes for homemade](#))
- 3/4 cup creamy, unsweetened almond butter
- 1/2 cup dried cranberries
- 1/2 cup semisweet chocolate chips
- 1/2 cup sliced almonds

These bars are somewhere between a dessert and a health food, so we're calling them a snack because then you are entitled to eat more. They are really filling and get you through a long day. They usually don't last longer than a day around us, but we've realized that this is true for a lot of food in our house.

Preheat the oven to 350°F and line an 8 1/2-inch square metal pan with parchment paper.

Using a stand or hand mixer, mix the egg, vanilla, and granulated and brown sugars until they are an even consistency. In a separate bowl, mix together the flour, baking soda, cinnamon, and salt. Add the dry ingredients to the wet mixture. Add the melted coconut oil, applesauce, and almond butter and mix until combined. Add the cranberries, chocolate chips, and sliced almonds and mix well.

Transfer to the pan and bake for 25 to 30 minutes, or until a knife inserted into the center comes out clean. Let cool for 15 minutes and cut into squares before serving. Store in an airtight container at room temperature for 2 days or in the fridge for 5 days.

twin tip

The almond butter we buy has a lot of oil at the top that needs to be mixed in. When we do this, we put the container in a baggie or on a paper towel because the oil tends to spill out and over.

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