

# The Elvis Granola Bar

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/oats-granola-bar-recipe-indian>

## Ingredients:

- 4 cups rolled oats
- 2 tablespoons chia seeds these are optional, I just love the texture they give
- 1/2 cup peanuts unsalted, chopped
- 1/2 cup dried bananas chopped
- 1/2 cup bacon crumbled
- 1/2 cup chocolate chips
- 3/4 cup natural peanut butter melted
- 1/2 cup brown rice syrup honey works too!

## Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 118 grams
3. Cholesterol: 15 milligrams
4. Fat: 57 grams
5. Fiber: 17 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 230 milligrams
9. Sugar: 31 grams

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