Fall Harvest Granola Bars

2 cups old-fashioned oats

1 cup whole almonds, roughly chopped

½ cup pumpkin seeds

1 cup packed pitted Medjool dates

⅓ cup maple syrup

¼ cup creamy almond butter

½ cup dried cranberries

¼ teaspoon salt

Toast oats, almonds and pumpkin seeds on a baking sheet for 12 minutes at 350.

Chop dates in a food processor until a rough paste.

Add to a bowl with the oats and nuts.

Warm maple syrup and almond butter in saucepan.

Add to bowl.

Stir in cranberries.
Scoop into an 8x8" square pan with a parchment sling.   Freeze 20 minutes.

Remove bars with sling and cut into 16 bars.