

Rawnola

Basic Ingredients:

- 1 cup rolled oats
- 12-14 pitted medjool dates
- 1 tsp. vanilla powder, optional
- a pinch sea salt

Variations/add-ons:

- ¼ cup coconut flakes
- 1 tbsp. nut butter
- 1 tbsp. nuts or seeds
- 1 tsp. coriander
- 1 tsp. cardamom

Instructions:

1. Add the oats, 6 dates, vanilla powder, and sea salt to a food processor or blender (a food processor works best).
2. Blend on low speed till all the dates are broken up or process on high in a food processor.
3. If using a blender keep adding dates 2 at a time until you get a chunky crumbly texture. Shake the blender periodically if things aren't moving. If using a processor add all the remaining dates at once and pulse several times to combine.
4. Store in an airtight container in the fridge for up to 5 days.

Tips: Serve over banana nice cream, vegan yogurt, or with non-dairy milk. For flavor variations use any of the add-on ingredients, some banana, pear or apple cut into bite size pieces.