

# GRANOLA BARS

## GRANOLA BARS

### INGREDIENTS:

- 2 1/2 cups oats
- 1 cup roughly chopped nuts (almonds, pecans)
- 1 cup shredded unsweetened coconut
- 1/2 cup pumpkin seeds
- 1/4 cup flaxseed
- 1/2 cup peanut butter
- 1 cup honey
- 2 tablespoons oil
- 1 1/2 teaspoons pure vanilla extract
- 1 teaspoon salt
- 1/2 cup dried fruit and/or chocolate chips

### INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Toss the oatmeal, nuts, coconut, and pumpkin seeds together on a sheet pan and bake for 10-12 minutes, stirring every 3-4 minutes, until lightly browned. Transfer the mixture to a large mixing bowl and stir in the flaxseed.
3. Reduce the oven temperature to 300°F.
4. Place the peanut butter, honey, oil, vanilla, and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for a minute. Remove from heat and cool.
5. Spray an 8x12 or 9x13 pan and line it with parchment paper.
6. Pour the liquid mixture over the toasted oatmeal mixture. Add the dried fruit and/or chocolate chips and stir well.
7. Pour the mixture into a prepared pan. Wet your fingers and lightly press the mixture evenly into the pan. Bake for 25-30 minutes, until light golden brown. If you have time, cool for 2-3 hours before cutting into squares. Serve at room temperature.

### TIP

Line the pan with 2 pieces of parchment paper, one cut to the width and one cut to the length. Let the ends of each piece hang over the edge a bit so that you can use it to easily remove the bars from the pan. If you remove them before they are completely cool, they will likely fall apart.

*explore.eat.enjoy.*