

SUPER GRANOLA BARS

This is a great recipe to make with the kids. It's easy, delicious, nutritious and versatile! Add your favorite ingredients like chopped nuts, sesame, pumpkin or flax seeds and dried fruits like raisins, dates, apricots. The choice is endless, as long as the total mix equals 2 cups, you're good to go! They're much healthier and less expensive than most store bought kinds and you'll find yourself loving them as much as your kids do!

Makes 36 bars
Freezes well

Ingredients

4 ½ cups organic rolled oats
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon vanilla extract
2/3 cup coconut oil
¾ cup raw organic honey
2 cups mixed nuts, seeds and dried fruit



Directions

Preheat oven to 325 F
Line a 9 inch x 13 inch baking pan with parchment paper.
Combine oats, flour, baking soda and nut/seed/dried fruit mixture.
Add oil and honey and mix thoroughly.
Press very firmly into prepared pan.
Bake them for about 20 minutes or until edges are golden brown.
Cool and refrigerate for about 2 hours before cutting into bars.

They will keep for about a week at room temperature, but I don't think they will last that long!

Tips and tricks for perfect granola bars that are not crumbly

- Mix very thoroughly
- Press very firmly (should take at least 1 minute to do this)
- Press firmly once again after they are cool enough to touch
- Don't cut until they have been refrigerated, even though it'll be tempting to eat them right away!

Nutrition information for 1 bar (based on a mix of 1 cup almonds,
2 oz sunflower seeds, 2oz flax seeds and 4 oz raisins)

159 calories, 7.5 grams fat, 2.6 grams saturated fat, 0.2 grams trans-fat,
9 mg cholesterol, 36 mg sodium, 2.4 grams fiber, 4.6 grams protein,
19 grams carbohydrates, 20 mg calcium

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