

granola bars

quick and easy and highly addictive making it the perfect snack to pack!

Ingredients

- 1/2 cup softened butter or coconut oil
- 3/4 cup almond butter or peanut butter
- 2 tsp vanilla
- 1 cup brown sugar
- 1/2 cup brown rice syrup or corn syrup
- 3 cup quick oats
- 1 tbsp chia seeds
- 1 tsp cinnamon
- pinch of sea salt
- 1/2 cup unsweetened coconut
- 1/2 cup sunflower seeds or pumpkin seeds (shelled)
- 1/2 cup sesame seeds
- 1/2 cup dark chocolate chips
- 1/2 cup raisins or other dried fruit

Directions

- 1 Preheat oven to 350F.
- 2 In a skillet over medium heat, toast the coconut, sunflower seeds and sesame seeds until lightly golden brown. Set aside and allow to cool
- 3 In your kitchen mixer, with the paddle attachment on, cream together the butter, almond butter, vanilla and brown sugar until light and fluffy, about 2 minutes.
- 4 Add the brown rice syrup and the remaining dry ingredients and mix until evenly incorporated.
- 5 Press into a parchment lined cookie sheet. Use lots of pressure to make sure it sticks together well, this will make it easier to cut apart after it is done baking.
- 6 Bake at 350F for approximately 15-20 minutes or until the edges are lightly golden brown. Let cool slightly and cut into bars while still warm.
- 7 Store in a sealed container or wrap individually in plastic wrap for an easy grab and go snack.

Makes a lot...depends on how big you cut them.