

# GF Chewy Nutty Crispy Granola Bars

Pecan Cranberry recipe

This is a one-pot version of more elaborate, toast-the-oats-and-nuts-separately recipes. These are by no means fat or sugar free

Bring to a simmer:

4 tbsp Butter

½ c Brown Rice Syrup

1/2 cup honey

½ cup sugar

Turn heat to low or off, depending on the weight of the pan. Mine's thick and so it keeps 'cooking'

Add while cooling:

½ c Almond Butter

1 tbsp vanilla

1 t-T of Salt

1. Mix oil, sweeteners, in pot over med hi heat until almost bubbly. Do NOT BOIL.
2. Reduce heat; add the almond butter and chocolate and vanilla, one at a time and stir to 'dissolve' completely.
3. Add and stir to combine, in this order, to the hot mix,

1 cup chopped pecans

1 cup GF Oats

2 cups puffed rice

1 c golden raisins

1 cup raisins

½ c sesame seeds

2 cups rice crispies

1. Press into greased, or wax paper lined dish/baking pan and push down into level plane
2. Allow to cool. No baking needed. Invert onto cutting board. Cut into Bars. Use wax paper to store to prevent sticking.