

Week of Menus

Homemade Granola Bars

Makes 16 good sized granola bars

Ingredients

- 1 cup old-fashioned oatmeal
- 1 cup sliced almonds
- 1 cup shredded coconut, loosely packed
- ½ cup pepitas (pumpkin seeds)
- ½ cup hulled sunflower seeds
- ½ cup flax seeds (optional)
- 3 tablespoons vegetable oil
- ¼ cup honey
- ¼ cup maple syrup
- ¼ cup light brown sugar, lightly packed
- 1 ½ teaspoons pure vanilla extract
- ¼ teaspoon kosher salt
- ¾ cup chopped pitted dates
- ¾ cup dried cranberries

Method

Preheat the oven to 350 F. Grease a 9x13 inch baking dish and line with parchment paper.

Toss the oatmeal, almonds, coconut, pepitas, and sunflower seeds, together on a sheet pan and bake for 10 to 12 minutes, stirring occasionally, until lightly browned. Transfer the mixture to a large mixing bowl and stir in the flax seed (optional).

Reduce the oven temperature to 325 F.

In a small saucepan add oil, honey, maple syrup, vanilla extract and salt. Bring to a boil over medium heat and stir and cook for a minute. Remove from heat and pour over oatmeal mixture. Add dates and cranberries and mix well.

Pour the mixture into the prepared pan. Wet your fingers and lightly press the mixture evenly into the pan. Bake for 25 to 30 minutes, until light golden brown. Cool completely (2 to 3 hours) before cutting into squares. Serve at room temperature.