



Noreen's Kitchen

Fruit and Nut

Chewy Granola Bars

Ingredients

2 cups old fashioned rolled oats	1/4 cup flax seeds
2 cups Muesli cereal	2 cups unsweetened coconut flakes
2 cups crisp rice cereal	1/2 cup coconut oil
1 cup dried fruit	1/2 cup almond or peanut butter
1 cup nuts of your choice	1/2 cup honey
1/4 cup hemp hearts	1/2 cup brown sugar
1/4 cup sunflower seeds	1 cup mini chocolate chips if desired
1/4 cup chia seeds	

Step by Step Instructions

Preheat oven to 325 degrees

Combine coconut oil, honey, brown sugar and nut butter in a small saucepan.

Over medium heat, bring mixture to a simmer.

Combine all remaining ingredients in a very large bowl and stir well to incorporate.

Pour the liquid mixture over the dry mixture and stir very well to combine. You will want this mixture to be thick and moist.

Prepare a rimmed baking sheet (I used half sheet pan size 15 x 18) with a silicone mat or parchment paper and cooking oil spray.

Pour the granola mixture into the pan and press firmly and evenly, being sure to fully compact the mixture into the pan and into all corners.

Bake for 30 minutes or until lightly browned.

Remove from oven and allow to cool completely on a wire rack.

Place the cooled pan into the refrigerator for 30 minutes before cutting.

Cut granola bars with a sharp knife into the size desired. I like to use a kitchen ruler to help me get even bars or squares.

Store in an airtight container for up to 10 days.

Enjoy!