

Homemade Granola Bars

Versatile granola bar recipe.

Ingredients

- 1 cup rolled oats
- 1 1/2 cups crispy rice cereal
- 3 Tbsp flour
- 2 cups - any combination seeds, unshelled nuts, granola, dried fruit, flax seed, and/or coconut
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 tsp vanilla
- 1/2 cup (1 stick) butter
- 3/4 cup honey
- 1/4 cup almond butter (can substitute peanut butter, but not preferred)

Instructions

1. Preheat oven to 300°F
2. Place oats and any unroasted seeds/nuts on a baking sheet and toast for 15 minutes in oven (stirring once or twice)
3. In a large bowl, mix the rice cereal, flour, the combination cups, salt, and cinnamon. Prepare a 9 x 13 baking pan with buttered parchment paper. When done, mix the toasted oat mixture from oven into the dry ingredients bowl and set aside.
4. In a small saucepan, bring the honey and butter to a gentle boil on low heat. Simmer 5 minutes, stirring often. Remove from heat and add vanilla and almond butter.
5. Mix into the dry ingredients and incorporate completely.
6. Pour the mix into the prepared 9×13 pan. Sprinkle chocolate chips on top if desired. Firmly press together using oiled hands or spatula.
7. Bake in oven at 300°F for 30 minutes. Allow the bars to cool completely.
8. Remove the whole thing by pulling the parchment paper and transfer to cutting board. Cut into strips (for bars) or crumble for yogurt toppings or snacks.

Special Notes

This mixture keeps for several weeks on the counter and several more in the fridge. Taken from <https://www.pbs.org/food/kitchen-vignettes/back-to-school-granola-bars/>

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