

Homemade Chewy Granola Bars

Recipe adapted from an Ina Garten Food Network recipe. Submitted by Lori Goldmann



- 2 cups old fashioned oatmeal
- 1 cup sliced almonds
- 1 cup shredded coconut
- ½ cup whole pecans
- ½ cup sunflower seeds
- ½ cup ground flax meal (or wheat germ)
- 4 Tbsp butter
- ¾ cup honey
- ¼ cup brown sugar
- 1 ½ tsp vanilla
- ¼ tsp kosher salt
- ½ cup almond butter
- ½ cup chopped pitted dates
- ½ cup chopped dried apricots
- ½ cup coarsely chopped dried cherries
- ½ cup dried cranberries
- ¾ cup chocolate chips (optional)

Preheat oven to 350°. Toss oatmeal, almonds, coconut, pecans and sunflower seeds and bake in a sheet pan 10-12 minutes, stirring occasionally until lightly browned. Pour into a large mixing bowl and stir in flax seed.

Reduce the oven temperature to 300. Line sheet pan with parchment paper.

Place the butter, honey, brown sugar, vanilla and salt in a saucepan and bring to a boil over medium heat. Cook and stir for a minute, then stir in almond butter and pour over oatmeal mixture. Add the dried fruits and stir well. Quickly stir in chocolate chips and pour onto parchment-lined baking sheet. Wet fingers and press mixture evenly into pan.

Bake for 25-30 minutes until light golden brown. Cool for at least 2-3 hours before cutting into bars. Serve at room temperature.

