
Homemade Granola Bars

Recipe adapted from Smitten Kitchen

Ingredients:

1 2/3 cups quick rolled oats	6 tablespoons melted butter
1/2 cup granulated sugar	1/3 cup peanut butter
1/3 cup whole wheat flour	1/4 cup honey
1/2 teaspoon salt	2 tablespoons blue agave syrup
1/4 teaspoon ground cinnamon	1 teaspoon vanilla extract
2 to 3 cups dried fruits, nuts, chocolate chips*	1 tablespoon water

Preheat the oven to 350°F. Coat an 11" x 7" metal baking pan with a non-stick spray.

Stir together all the dry ingredients, including the fruit and nuts. Melt the butter on the stove top then stir in the peanut butter. Once the peanut butter is melted, remove from heat and add remaining liquid ingredients (honey, agave, vanilla, water). Pour the liquid over the dry ingredients and stir until well combined. Pour the mixture into the prepared pan, spreading it so it takes molds to the pan.

Bake the bars for 30 to 40 minutes, until they're brown around the edges. The middle will be soft, but will harden as it cools. Then place the pan on a cooling rack. Once the bars are cool, cut into pieces with a serrated knife.

***Suggestions:** Dried cranberries, apricots, bananas, apples, peanuts, pecans, walnuts, almonds, sunflower seeds, coconut, sesame seeds, pepitas, chocolate chips. (You can pulse your ingredients in a food processor, I did not, so my bars are a bit chunky.)