

Smith Family's Granola Bars Recipe

Total Time: 1 Hour (20 minutes prep, 40 minutes cook)

Ingredients

- 8 oz old - fashioned rolled oats, about 2 cups
- 1 1/2 oz raw sunflower seeds, about 1/2 cup
- 3 oz sliced almonds, about 1 cup
- 1 1/2 oz wheat germ, about 1/2 cup
- 6 oz honey, about 1/2 cup
- 1 3/4 oz dark brown sugar, about 1/4 cup packed
- 1 oz - unsalted butter, plus extra for pan
- 2 tsp vanilla extract
- 1/2 tsp kosher salt
- 6 1/2 oz chopped dried fruit, any combination of apricots, cherries or blueberries
- *Optional: flax seed, orange extract, dried cranberries*

Directions

1. Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees F.
2. Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan. Place in the oven and toast for 15 minutes, stirring occasionally.
3. In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
4. Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

Nutrition Facts:

Calories 203; Total Fat 7 grams; Saturated Fat 1 gram; Protein 5 grams; Total Carbohydrate 32 grams; Sugar: 20 grams; Fiber 3 grams; Cholesterol 4 milligrams; Sodium 63 milligrams