

Chocolate Granola Bars

Yield: 10 bars

Ingredients:

1 ½ cups rolled oats
1 cup Rice Krispies cereal
½ cup slivered or sliced almonds
1/3 cup honey
¼ cup coconut oil
2 tablespoons brown sugar, packed
¼ teaspoon Kosher salt
½ teaspoon pure vanilla extract
2 tablespoons chia seeds
½ cup dried fruit, coarsely chopped
(cherries, cranberries, raisins, apricots)
¼ cup semi-sweet chocolate chips

¼ cup toasted coconut (optional)



- Step 1:** Heat oven to 350°F. On a baking sheet pan, combine oats and almonds and heat until toasty (about 5 minutes). Let cool. Line the sides and bottom of an 8" X 8" baking dish with foil.
- Step 2:** In a medium-size bowl combine honey, coconut oil and brown sugar. Microwave on high until mixture bubbles (about two minutes). Mix well. You want the sugar to dissolve. You may need to give it a little more time in the microwave – just stir. Add chocolate now if you want it to melt. Otherwise, let the mixture cool for a bit before adding the chips.
- Step 3:** Add the oats, nuts, vanilla, (coconut if using), chia seeds and Rice Krispies to the honey-sugar mixture and stir well ensuring that all the oats are covered in the liquid sugars.
- Step 4:** Using a spatula transfer mixture into prepared baking dish and press well. Wet your fingers if necessary to make sure you are really pressing this mixture in well and that it is even. Refrigerate for 2 hours before removing from the dish, peeling away foil and cutting into rectangles. Store in an air-tight container (in a cool place) for a week.