

# Chewy Granola Bars



Makes 12 bars

## Steps

1. Preheat oven to 325°F.  
Line an 8" x 8" pan with parchment paper.
2. In a large bowl stir together the oats, puffed rice, chopped nuts, chocolate chips, flaxseed and salt.
3. In a medium bowl, stir together the honey (or agave or date syrup), nut butter, avocado or canola oil, and vanilla until very smooth.
4. Pour the oil-syrup mixture over the oat mixture and stir well ensuring all the oats are covered with the oil-syrup.
5. Spread the mixture out evenly onto the prepared baking dish. Using parchment paper on top of the granola mixture press down well. Do not skip that step.
6. Bake for 20 minutes or until the edges are golden brown. Allow the pan to cool for 30 minutes before chilling it in the refrigerator for at least 4 hours.
7. Cut into 12 equal-sized bars. You can individually wrap them in parchment paper and keep in the refrigerator for up to one week.

## Ingredients

- 2 cups quick cooking oats
- 1 cup puffed rice
- ½ cup chopped nuts (any kind) or pumpkin seeds
- ½ cup mini chocolate chips
- ¼ cup ground flaxseed
- Three pinches kosher salt
- ½ cup honey, agave or date syrup
- ⅓ cup creamy peanut, cashew, sunflower, or almond butter
- ¼ cup avocado or canola oil
- 2 teaspoons pure vanilla extract