

Homemade Granola Bars

Ingredients:

- 2/3 cup maple syrup
- 1/2 cup packed light brown sugar
- 1 1/2 teaspoon flaked sea salt
- 2/3 cup extra-virgin olive oil
- 4 cups old fashioned rolled oats
- cup pecans (finely chopped)
- cup raw sunflower seeds
- cup pepitas
- cup unsweetened flaked coconut

*Add 1 to 2 tsp of cinnamon (optional)

Directions:

1. Set oven @ 300 degrees.
2. Fully line 13x9-inch baking pan with thick or double foil, Foil piece should be long enough to fold over the handles in order to lift the cooked granola out of the pan. Smooth foil down into pan and spray with vegetable oil.
3. Whisk maple syrup, sugar, and salt together in a large bowl. Whisk in the oil.
4. Process 1 cup oats in a food processor until finely ground. Transfer it to the bowl with the maple syrup mixture and stir in remaining 3 cups oats, pecans, sunflower seeds, pepitas, coconut, and cinnamon until all dry ingredients are thoroughly coated.
5. Transfer oat mixture to the prepared pan and spread thin into an even layer. Compress the oat mixture with greased spatula until it is compacted into the pan.
6. Bake granola bars until golden brown **about 45 minutes**, rotate pan halfway through baking.
7. Let the bars cool in the pan for 15 minutes, then cut in the pan into preferred number bars.
8. Let cool at room temperature for about an hour (if you can wait that long). Use the foil overhang to lift the bars out of the pan. Store bars in a storage container for about a week. If the bars crumble into smaller pieces we use them as a cereal, on top of yogurt, or in a smoothie!

Recipe guide from the *How Can It Be Gluten Free Cookbook*.