

“Get After It” Granola Bars

Ingredients

- 1 ¾ cups of old-fashioned oats (gluten-free oats work if needed)
- 1 teaspoon of ground cinnamon
- ½ teaspoon of fine sea salt
- 2 cups of mix-ins (for example: ½ cup of cashews, ½ cup of almonds, ¼ cup of unsweetened coconut, ¼ cup of pumpkin seeds, ¼ cup of raisins or dried fruit of choice, and ¼ cup of dark chocolate pieces)
- 1 cup of creamy natural peanut butter or almond butter
- ½ cup of honey (can substitute with maple syrup if needed)
- 1 teaspoon of vanilla extract

Instructions

1. Line a 9" square baking dish with two pieces of criss-crossing parchment paper, cut to fit neatly against the base and up the sides. The parchment paper will help with slicing the bars later.
2. Place the oats in a large mixing bowl. Add the cinnamon and salt. Stir to combine and set aside.
3. Pulse the mix-ins briefly in a food processor or blender. Add any large nuts (like almonds or cashews) first and pulse for a few seconds. Then add the rest and run the machine for a few more seconds, until the ingredients are all chopped into small bits. Pour the mix-ins into the bowl of oats.
4. In a 2-cup liquid measuring cup, measure out the nut butter. Top with ½ cup of honey and the vanilla extract. Stir until well blended.
5. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until everything is evenly combined and no dry oats remain. If the mixture is easy to mix, that's a sign that you need to add more oats.
6. Transfer the mixture to the prepared baking dish. Use your spoon to arrange the mixture evenly in the dish, then use the bottom of a flat, round surface (e.g., a small and sturdy drinking glass) to pack the mixture down as firmly and evenly as possible.
7. Cover the dish and refrigerate for at least one hour, or preferably overnight, as the oats need time to soak up some of the moisture to avoid being overly sticky. When ready to slice, lift the bars out of the dish by grabbing both pieces of parchment paper, on opposite corners. Use a sharp knife to slice the bars into four even columns and four even rows.
8. Wrap the individual bars in parchment paper to avoid having them stick to one another during storage. These bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag or Tupperware.

Grocery List

- Old-fashioned oats
- Cinnamon
- Fine sea salt
- Raw nuts and seeds (of choice)
- Unsweetened, dried fruit (of choice)
- Unsweetened, shredded coconut
- Dark chocolate pieces (if desired)
- Natural peanut or almond butter
- Honey
- Vanilla extract