

Chewy Granola Bars

Ingredients:

- 2 cups oats
- ½ cup shredded coconut
- ½ cup nuts or seeds, chopped
- ½ cup wheat or oat bran (optional)
- A pinch of sea salt
- 3 tbsp. peanut butter or other nut butter
- ½ cup honey or maple syrup
- ¼ cup coconut sugar or sucanat
- ½ cup raisins, cranberries, dates or other dried fruit

Instructions:

1. Put the oats, coconut, nuts or seeds and bran into a baking pan and bake at 350°F (175°C) for 10 minutes.
2. Place the peanut butter, honey and coconut sugar into a pot and heat over medium heat until well incorporated and slightly caramelized (approx. 5-7 minutes).
3. Put the toasted ingredients in a bowl and add the pinch of salt and raisins. Pour the wet ingredients over the dry and combine them well.
4. Put the mixture in a 9x12 inch baking dish or Pyrex covered with parchment paper or greased with lecithin and bake in the oven at 300°F (150°C) for 20-25 minutes.
5. Wait until they cool a bit, then cut the bars into the size and shape you desire.

Tip: Add vanilla, Ceylon cinnamon or other spices to obtain different flavors. Bon appétit!