Granola Bars

This flexible recipe can be adjusted for food allergies & sweetener preferences.

Ingredients:
4 c. quick or rolled oats *(Other rolled grains may be substituted for all or part)*
1/2 c. or more of any of the following (to total 3 cups):
Wheat germ, oat bran, sunflower seeds, unsweetened coconut, Chopped nuts, ground flaxseed, sesame seeds, rice bran, Pumpkin seeds, Perky's Nutty Rice, hemp seed
1 c. chocolate chips, carob chips
or dried fruit such as date pieces or cranberries
1 c. brown rice syrup (may use part honey)
1 t. cinnamon (optional)
2/3 c. canola oil
1 t. vanilla
1/2 t. salt

Mix all ingredients and pat into a greased cookie sheet. Bake at 350 degrees for 25 minutes. Cool for 15 minutes and cut into squares. Store in airtight container.

Prairie Harvest Whole Foods for a Whole Community Market and Deli

Recipe from Prairie Harvest Market and Deli
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