

Granola Bars with Oatmeal – from Debbie Wilson, Weave In, 2014

6 cups rolled oats
4 tbs. butter, melted , plus more for greasing pan
1/4 cup veg. oil or canola
1 tsp. salt
1 cup brown sugar
1/2 cup honey
1/4 cup apple juice
1/4 cup molasses
3 tsp vanilla
1 1/2 cups rice krispie cereal
1/2 cup toasted wheat germ
1/2 cup ground flaxseed
1/2 cup finely chopped pecans
1/4 cup finely chopped almonds
1/2 cup pumpkin seeds (optional)
1 1/2 tsp. cinnamon
8 oz. milk chocolate or chocolate almond bark melted (optional)

Preheat oven to 350 degrees F.

In a bowl, toss the oats with melted butter, oil, and salt. Spread the mixture out on two large baking sheets and toast in the oven for 15 to 20 minutes, shaking pan the twice and checking to see they don't burn. Remove from oven and set aside.

Reduce heat to 325 degrees F.

In a medium saucepan, combine brown sugar, honey, apple juice, and molasses. Heat the mixture slowly, stirring until all combined, stir in vanilla.

Toss together the toasted oats, rice cereal, wheat germ, flaxseed, cinnamon, pecans, almonds and pumpkin seeds , pour on the syrup, stir as you pour. Toss together, mixture will be sticky!

Press into a buttered baking sheet(10 x 15) or line sheet with foil and grease foil.

Bake until golden, about 18-25 minutes. Remove from oven and let cool. Cut into bars with sharp knife and remove from pan. If using foil, you can lift from pan and place on cutting board and cut into bars

OPTIONAL

Dip cooled bars into melted chocolate or drizzle chocolate across top. Let set .

This recipe is based on one by The Pioneer Woman, Ree Drummond.

I made some changes by adding cinnamon and flaxseed, and pumpkin seeds.

Debbie Wilson