

# The Weekly Parent

## Chewy Chocolate Chip Granola Bars

Our kids love granola bars, but with concerns about ultra-processed foods (which most store-bought varieties are) we try to keep these “super simple just like the real deal” bars on hand all the time.

The recipe calls for puffed rice (which can be found at some grocery store and most natural food stores) any puffed grain will do. We often mix puffed rice, kamut, and millet to add variety.

### INGREDIENTS

2 cups quick cooking oats (not old fashioned rolled oats)  
1 cup puffed rice  
½ cup roughly chopped nuts  
½ cup mini chocolate chips  
¼ cup ground flaxseed  
¼ teaspoon kosher salt  
½ cup honey  
½ cup creamy almond butter (or other nut/seed butter)  
¼ cup coconut oil  
2 teaspoons vanilla extract

### NUTRITION

**CALORIES:** 289KCAL | **CARBOHYDRATES:** 31G |  
**PROTEIN:** 6G | **FAT:** 18G | **SATURATED FAT:** 6G |  
**POLYUNSATURATED FAT:** 5G | **MONOUNSATURATED FAT:** 5G | **TRANS FAT:** 0.01G | **CHOLESTEROL:** 1MG |  
**SODIUM:** 56MG | **POTASSIUM:** 184MG | **FIBER:** 4G |  
**SUGAR:** 17G | **VITAMIN A:** 18IU | **VITAMIN C:** 0.2MG |  
**CALCIUM:** 66MG | **IRON:** 2MG

### DIRECTIONS

1. Preheat oven to 325°F. Line an 8x8-inch baking pan with parchment paper, allowing the paper to come up the sides.
2. In a large bowl, stir together the oats, puffed rice, chopped nuts, chocolate chips, flaxseed, and salt.
3. In a medium bowl, stir together the honey, almond butter, coconut oil, and vanilla, until smooth. Pour the wet ingredients into the dry and stir together until well combined.
4. Scoop the mixture into the pan and press it into an even layer, using another piece of parchment paper to firmly press the mixture flat. Bake for 20 to 25 minutes, until barely starting to get a little bit of golden color around the edges for chewy granola bars. For crunchier bars bake 25 to 30 minutes. Let cool to room temperature.
5. Let the granola bars cool to room temperature in the pan. Then place the pan in the fridge for 1 hour to firm up the granola bars completely. Gently lift the parchment paper out of the pan, and slice into bars. Store in fridge for best texture.