

GRANOLA BARS

PREP TIME
15 MINS

TOTAL TIME
45 MINS

YIELD
16 BARS

INGREDIENTS

In a large mixing bowl, combine oil, brown sugar, honey, vanilla, and eggs. Add flour, cinnamon, baking powder, and salt. Mix well.

With a spatula, mix in oats, rice cereal, nuts/seeds/fruit/chips/etc. Press the mixture evenly into a 9x13 inch baking dish. Pack it down.

For chewy bars, bake at 350°F for 20 to 30 minutes, until browned on edges.

For crunchy bars, bake at 300°F for 60 minutes, until browned all over.

The bars can be stored in the freezer for up to 3 months.

- 1/3 cup vegetable oil
- 3/4 cup brown sugar
- 2 tbsps honey
- 1 tsp vanilla
- 2 eggs
- 1 cup flour
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 1/2 cups rolled oats
- 2 cups crisp rice cereal
- 3 cups of your choice of nuts, seeds, fruit, or other additions (like sunflower seeds, pumpkins seeds, cranberries, chocolate chips, etc)

