

CRUNCHY GRANOLA BARS

These homemade granola bars are simple to prepare, full of wholesome ingredients, and make the ideal grab and go breakfast or afternoon snack. They bake up golden, hold together beautifully, and taste amazing.

Prep Time: 5 minutes

Cook Time: 35 minutes

Additional Time: 10 minutes

Total Time: 50 minutes

Servings: 20 bars

Calories: 196 kcal

EQUIPMENT

Mixing bowls

13 inch baking dish

Parchment paper

Wooden spoon

Baking sheet

Measuring cups & spoons

INGREDIENTS


2 CUPS OH SO
GOOD OLD-FASHIONED
OATS


1 CUP OH SO
GOOD SALTED
MIXED NUTS*


¼ CUP
PUMPKIN
SEEDS


¼ CUP
SUNFLOWER
SEEDS


½ CUP TAINO
PINEAPPLE
CHIPS,
BROKEN
INTO SMALL
PIECES*


½ CUP
GROUND
FLAXSEED


1 TSP
CINNAMON


½ CUP PEANUT
BUTTER*


½ CUP
OH SO GOOD
WILDFLOWER
HONEY*


½ CUP DARK
CHOCOLATE
CHIPS



INSTRUCTIONS

- ☞ Preheat your oven to 325°F (160°C).
- ☞ Spread oats, nuts, and seeds onto a baking sheet and toast for about 10 minutes.
- ☞ While they bake, line a 9×13 baking dish with parchment paper.
- ☞ In a small bowl, stir together peanut butter and honey until smooth; set aside.
- ☞ Once the oats and nuts have cooled (important so the chocolate doesn't melt), transfer them to a large mixing bowl. Add pineapple chips, chocolate chips, ground flax, and cinnamon. Mix well.
- ☞ Pour the peanut butter mixture over the dry ingredients. Stir thoroughly until everything is coated. The mixture will feel sticky at first, but keep mixing, it's the perfect amount.
- ☞ Transfer into the prepared pan. Place another piece of parchment on top and press down firmly with your hands or the bottom of a measuring cup to compact the mixture evenly to the edges. This step ensures the bars won't crumble later.
- ☞ Bake for 25 minutes, or until golden brown.
- ☞ Let cool completely in the pan before removing. Lift the parchment out, place on a cutting board, and slice into bars.
- ☞ Store in an airtight container for up to 1 week at room temperature, or freeze for up to 3 months.

NOTES

Sweetener: For a vegan version, swap honey with maple syrup or date syrup.

Nuts: Use any 1 cup mix of nuts you like. Chop larger ones (like pecans or cashews) into small pieces for even texture.

Fruit swaps: Instead of pineapple chips, try chopped dried cherries, figs, apricots, cranberries, or golden raisins.

Nut butter: Peanut butter can be replaced with almond, cashew, or walnut butter for a different flavor.