

Granola Bars

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A healthy snack, perfect for lunch boxes

Ingredients:

1 cup chopped dried fruit (apricots, pears, apples, raisins)

3 Tbsp wholewheat flour

½ cup chopped nuts/seeds

1 ¼ cup rolled oats

1/3 cup wheat germ (or extra oats)

¼ tsp salt

½ tsp cinnamon/ginger powder

2 Tbsp nut butter

¼ cup olive oil

1/3 cup honey

2 tsp orange zest

Method:

Preheat your oven to 180 degrees celcius.

Line an 8 inch square pan or glass dish with baking paper.

Combine all the dry ingredients together in a large bowl.

Whisk all the wet ingredients together until smooth.

Combine all the ingredients together and press into the prepared pan.

Bake for approximately 25 minutes.

Cut into squares when cold.

Customize the bars to your preference. Some combinations to start with -

Apricot, almond, cinnamon and orange zest.

Raisin, cinnamon, pecan, omit the zest.

Cranberry, ginger, almond, orange zest.