



THE BEST GRANOLA BARS EVER

DRY INGREDIENTS

2 cups of oats
1 cup of puffed barley
1 cup of puffed millet
Or you can use
2 cups Rice Krispies

Seeds to your liking:

1/4 cup of sunflower seeds
1/4 cup of pumpkin seed

WET INGREDIENTS

1/2 cup of peanut butter
1/2 cup of almond butter
1/4 cup of honey
1/4 cup of molasses
1/4 cup of brown sugar
1/4 teaspoon of salt
1/4 teaspoon of vanilla

Sprinkled on top and pressed in:

Chocolate chips
Dried cranberries

TO PUT IT ALL TOGETHER *(not really 'cooking instructions')*

1. Mix all your dry ingredients in a bowl, including the seeds.
2. In a saucepan warm up wet ingredients, don't bring them to boil. You just want to soften them so they mix easily.
3. Pour warm, wet mixtures into dry ingredients.
4. Line a 8x8 baking pan, or any dish of similar size with baking paper and pour the mixture into pan.
5. Press granola mixture into even shape, top with chocolate chips and other goodies and press them slightly into the mixture.
6. Let cool in fridge.
7. Cut into desired chunks and wrap into individual papers.
8. Enjoy on your next hike and thank me later.

