



## Granola Bars

A decadent granola bar filled with chocolate chips, cranberries, nuts and seeds. The perfect companion to a morning ride.

### Granola Filling

- ½ cup sugar, granulated
- 1/3 cup brown sugar, packed
- ½ tsp sea salt
- 1 ½ sticks unsalted butter, softened
- 1/8 cup honey
- 1 tbl vanilla
- 1 egg, large
- ½ cup cake flour
- ¼ cup pumpkin seeds, roasted
- 1/3 cup sunflower seeds
- ½ cup chocolate chips
- ½ cup pecans, small pieces
- ¼ cup dried cranberries

### Granola Bar Base

- 1 ¼ cup brown sugar, packed
- 3 sticks unsalted butter
- 1 tbl honey
- 1 tsp sea salt
- 4 ½ cups rolled oats
- 2 cups all-purpose flour

### Directions

Preheat oven to 350 degrees (conventional) or 325 degrees (convection).

**For Filling:** Blend at low speed the sugar, brown sugar, salt, butter, honey and vanilla for 1 minute. Add the egg and blend for another 30 seconds. Scrape bowl and beater. Add cake flour and mix for 1 minute. Add the seeds, chips, nuts and cranberries and blend to evenly distribute. Set aside in small bowl.

**For Bar Base:** Cream at medium speed the brown sugar, butter, honey and salt to a light consistency (2-3 minutes). Adding oats and flour gradually, blend to a crumb-like consistency in low speed. Do not overmix.

**Assemble:** Lightly spray a 9 X 13-inch baking dish with a non-stick greaser. Deposit half of the granola bar base over the bottom of the baking dish and press to an even layer. Add the granola filling on top of the bar base and spread evenly. Spread the remaining bar base on top and gently press to evenly cover.

Bake for approximately 40-45 minutes until set. Let cool completely before slicing into bars. Enjoy.

Servings: 24 (4 X 6)