

Granola Snack Bars

from Rachel Thomas

2 cups	old-fashioned oats
1 cup	flour (all-purpose or whole wheat or mix the two)
2/3 cup	packed brown sugar (light or dark)
1/2 cup	dried cranberries
1/4 cup	mini chocolate chips
1/2 cup	toasted wheat germ
3/4 teaspoon	salt
1/2 teaspoon	cinnamon
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1/2 cup	vegetable oil
1/2 cup	honey
2 teaspoons	vanilla
1	large egg

Preheat oven to 350 degrees.

Spray an 8x11 inch casserole pan with cooking spray.

Combine dry ingredients (oats through cinnamon). In a separate bowl, combine wet ingredients. Pour wet ingredients into dry ingredients and stir until combined.

Pour batter into pan. Pat into pan with dripping wet hands.

Bake at 350 degrees for 20-25 minutes or until lightly browned.

Cool and cut into 1 1/2 inch bars.

Granola

Great with yogurt and fruit or just grab a handful for a quick snack.

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2 cups	old-fashioned oats
1/2 cup	wheat germ
2 Tablespoons	brown sugar (light or dark)
1/4 teaspoon	salt
1/3 cup	sliced almonds
1/3 cup	chopped walnuts
1/3 cup	coconut
1/2 teaspoon	ground cinnamon
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1/4 cup	maple syrup
3 Tablespoons	vegetable oil
1 Tablespoon	water

Preheat oven to 275 degrees.

Spray large baking sheet with cooking spray.

Combine dry ingredients (oats through coconut).

Bring syrup, oil, water, and cinnamon to a simmer over low heat. Drizzle over oat mixture and stir to combine. Pour onto baking sheet and spread into thin layer.

Bake at 275 degrees for 45 minutes, stirring every 15 minutes.

Can be stored in air-tight container up to two weeks.