

Shantal's Homemade Granola Bars

Yield: 2 large cookie sheets

Ingredients

In a large mixing bowl, mix:

10 cups of quick cooking oats

5 cups of seeds, mix and match the following:

- flax seeds
- sesame seeds
- chia seeds
- pumpkin seeds
- poppy seeds
- sunflower seeds
- can also add nuts, crushed into tiny pieces

In a smaller mixing bowl, mix:

2 cups whole wheat bran

2 cups pureed (or chopped into itty bitty pieces) fruit of your choice

Heat on stove to a boil, let simmer for 1 min:

2 cups margarine (real butter DOESNOT work)

2 cups brown sugar (I like to use Demerara style brown sugar for the deep flavor)

1/4 cup corn syrup

2 cans of sweetened condensed milk



Instructions

Fold the wheat bran and fruit in the oats and seeds mixture.

After the margarine and butter has simmered for at least a minute, add it to the large mixing bowl, folding it into the seeds and oats until all is moistened.

Set aside for a minute.

You'll need two 9x11 cookie sheets. Cover with tin foil, spraying with cooking spray.

Spread the mixture, half on each cookie sheet.

Use your fingers, covered in cooking spray, to spread the mixture evenly on each sheet.

Spread unsweetened chocolate chips (must be unsweetened) on top BEFORE you bake.

Bake for 30-40 minutes at 350 degrees Celsius until the edges are golden brown.

After finished baking, spread the melted chocolate chips to the edges BEFORE cooling.

Put into the fridge overnight or in the freezer for a couple of hours to harden and completely cool the bars. When completely cooled and hardened, cut the bars into the size you want. If the tin foil was sprayed enough, it comes off easy when cutting. I like to cut them to fit the snack bags available in stores.

I recommend that you freeze these bars once finished cutting them as they go bad fast just sitting on the counter. I also like to eat them frozen, the hardened chocolate tastes better that way!!!

Enjoy

Shantal