



Granola Bars Gluten-Free, Dairy-Free, Egg-Free

Ingredients

- 1 cup maple syrup or brown rice syrup
- $\frac{2}{3}$ cup peanut butter or cashew butter or almond butter
- $2\frac{2}{3}$ cups rolled oats
- 1 cup quinoa, millet or brown rice flour
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ cup ground flaxseeds
- 2 cups total of any of the following mix-ins:
 - coconut, raisins, chocolate or carob chips, unsalted nuts, hempseeds, sesame seeds, any finely chopped dried fruit such as dates, apricots, apples, etc.

Method

Mix syrup and nut butter until well blended. Stir in oats, flour, ground flaxseeds, spices, and mix-ins. If mixture seems too dry, add water 1 teaspoon at a time. If it is too sticky, add oats 1 teaspoon at a time. Mixture should be slightly sticky, but still easily spread in a pan with greased fingers.

Press into a lightly greased 9 x 13 inch (23 x 33 centimeter) pan. Bake at 350F/180C until barely browned. Do not overbake! Cut while warm into desired sized bars.

When completely cool, remove from pan with a greased spatula. Wrap each bar separately in parchment paper, then plastic wrap and then store in an airtight container. These freeze extremely well.

Makes about 2-dozen bars.