

# Gluten Free Granola Bar

## INGREDIENTS

- 1  $\frac{3}{4}$  cups (175 g) certified gluten free old-fashioned rolled oats processed by about half in a food processor
- 1 cup (120 g) certified gluten free oat flour
- $\frac{3}{4}$  cup (164 g) packed light brown sugar (or granulated coconut palm sugar)
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon kosher salt
- 1  $\frac{1}{3}$  cups (160 g) raw pecans, almonds and/or pumpkin seeds roughly chopped
- 1 cup (80 g) coconut flakes/chips
- 8 ounces mini chocolate chips dried raisins and/or dried cranberries or other small dried fruit
- 8 tablespoons (112 g) unsalted butter or virgin coconut oil melted and cooled
- 6 tablespoons (126 g) combination of honey, pure maple syrup and/or molasses (I like to use 2 tablespoons of each)
- 1 (50 g (weighed out of shell)) egg lightly beaten
- $\frac{1}{2}$  teaspoon pure vanilla extract

## METHOD

1. Preheat your oven to 325°F. Grease a 9-inch square pan, and then line it with unbleached parchment paper that overhangs 2 opposite sides of the pan. Set the pan aside.
2. In a large bowl, place the oats, oat flour, brown sugar, ground cinnamon, and salt and whisk to combine, breaking up any lumps in the brown sugar.
3. Add the chopped nuts, coconut chips, chocolate chips, and dried fruit, and mix to combine.
4. In a separate, medium-sized bowl, place the melted butter or coconut oil, honey/maple syrup/molasses, egg, and vanilla, and mix to combine well.
5. Create a well in the dry ingredients, pour in the wet ingredients, and mix to combine. Scrape mixture into the prepared pan and press firmly into an even layer.

6. Place the pan in the center of the preheated oven and bake, rotating once during baking, until golden brown all over, about 25 minutes.
  7. Allow to cool in the pan for about 10 minutes and then transfer the pan to the freezer until very firm, about 30 minutes.
  8. Remove the pan from the freezer and lift the bars out of the pan by the overhung parchment paper.
  9. Peel back the paper, and slice it into 12 rectangular bars with a sharp knife.
  10. Store in an airtight container in the refrigerator for up to a week, or in the freezer for longer.
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