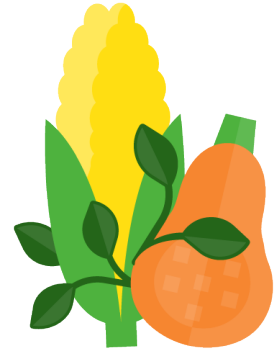


# Granola Bars



**Yield:** 14-16 bars

**Preparation time:** 30 minutes

**Refrigeration time:** 60 minutes

## Equipment:

- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ 2 medium sized mixing bowls (at least one microwave-safe)
- ❖ Large mixing spoon
- ❖ Parchment paper
- ❖ 8- or 9-inch square baking pan
- ❖ Short sturdy drinking glass, flat bottom measuring cup, or other item for packing
- ❖ Refrigerator and microwave
- ❖ Sharp knife

## Ingredients:

- ❖ 1  $\frac{3}{4}$  cups quick-cooking oats (or old-fashioned oats, pulsed briefly in a food processor or blender to break them up)
- ❖ 1  $\frac{1}{3}$  cup pumpkin seeds, sunflower seeds and/or slivered almonds
- ❖  $\frac{2}{3}$  cup mini dark chocolate chips or dried fruit (e.g. raisins or craisins)
- ❖ 1 teaspoon ground cinnamon
- ❖  $\frac{1}{4}$  teaspoon salt
- ❖ 1 cup Wow butter, sunflower butter, tahini or peanut butter
- ❖  $\frac{1}{2}$  cup honey or corn syrup
- ❖ 1  $\frac{1}{2}$  teaspoons vanilla extract

## Directions:

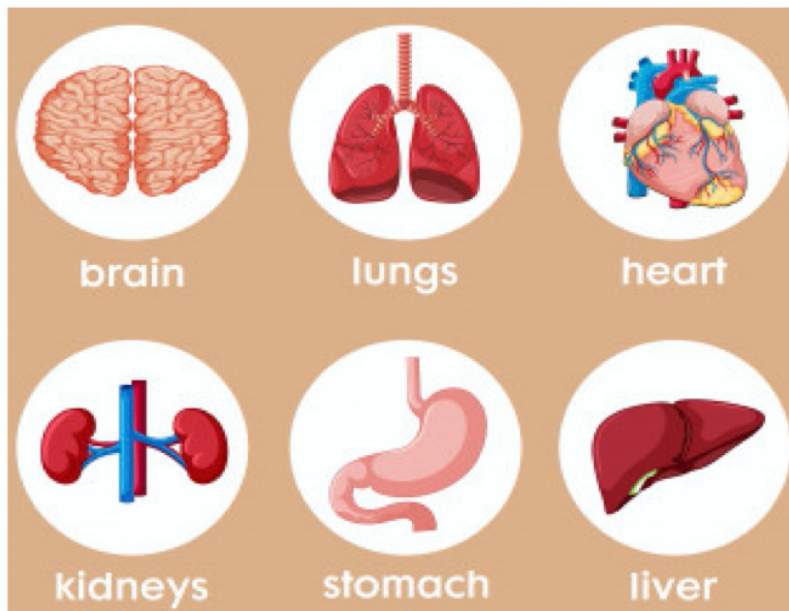
- ① Line an 8 to 9-inch square baking pan with two strips of criss-crossed parchment paper, cut to size.
- ② In a medium mixing bowl, combine the oats, seeds/almonds, chocolate chips/dried fruit, cinnamon and salt. Stir to combine.
- ③ In another bowl add Wow butter/seed butter/peanut butter, honey, and vanilla extract. Stir until well blended.
- ④ Optional: You can gently warm the liquid mixture in the microwave, but make sure it's cool before you pour it into the dry mixture (the chocolate chips will melt).

- ⑤ Pour the liquid ingredients into the dry ingredients mixing with a big spoon until the two are evenly combined and no dry oats remain. The drier the mixture, the more firm the bars will be, so stir in extra oats if the mixture seems wet.
  - ⑥ Transfer the mixture to the prepared square baking pan. Use your spoon to arrange the mixture fairly evenly in the pan, then use the bottom of an object (like a short, sturdy drinking glass), covered in a small piece of parchment paper, to pack the mixture down as firmly and evenly as possible.
  - ⑦ Cover the baking pan and refrigerate for at least one hour, or overnight.
  - ⑧ Use a sharp knife to slice the bars. For portability, you can wrap individual bars in plastic wrap or parchment paper. Bars keep well for a couple of days at room temperature, but for best flavour store individually wrapped bars in a freezer.
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# 'FIBRE AND YOU BODY' WORKSHEET

## Fibre and Your Body

Put an X over the body parts that are positively affected when you eat fiber.



Circle some high fibre foods you enjoy:

