



Homemade Granola Bars

 **BRONSON**

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Makes 16 bars

Oat mixture ingredients

- 2 ¼ cups quick oats
- ½ cup almond, all purpose or white whole wheat flour
- ¼ teaspoon baking powder
- ½ cup plus two tbsp brown sugar, tightly packed
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ⅔ cup margarine, coconut oil or butter
- ¼ teaspoon almond extract
- 1 teaspoon vanilla extract

Filling ingredients

- 12 oz. bag frozen fruit (mixed fruit, berries, cherries, blueberries, etc.), defrosted, with juices
- 2 tablespoons sugar or honey
- 1 teaspoon lemon juice
- 2 tablespoons corn starch
- 2 tablespoons water

Notes

- If you need to make the filling thicker prepare more slurry by combining 1 tablespoon corn starch with 1 tablespoon cool water. Add it to the filling slowly while stirring, until your filling reaches desired consistency.
- If using fresh fruit, add 3 tablespoon water or juice to step 2 and be sure to mash the fruit first.

Nutrition per serving

142 calories, 7g fat, 1g saturated fat, 2g protein, 19g carbohydrates, 2g fiber, 253mg sodium

Directions

1. Grease an 8" x 8" pan and line with parchment paper. Preheat oven to 350°.
2. **Make the filling**
 - a. In a saucepan, combine frozen fruit and juices, lemon juice and sugar. Bring to a low boil and simmer 10 minutes, stirring to prevent scorching.
 - b. In a small bowl, whisk together the corn starch and water to make a slurry.
 - c. Add the slurry to the fruit and simmer over low heat until the fruit thickens and will sit on a spoon without dripping. This takes about 5 minutes. Remove from heat and set aside.
3. **Make the oat mixture**
 - a. Place 1 ¼ cups of oats in a food processor or blender. Blend until fine, like flour. Mix with remaining 1 cup quick oats and flour. Add baking powder, brown sugar, cinnamon and salt. Mix well.
 - b. Melt butter, margarine or coconut oil. Add vanilla and almond extracts to melted oil. Mix with dry ingredients until a crumbly mixture forms.
4. Press ⅔ of the oat mixture into the bottom of the prepared pan. Spread evenly and press to form crust. Reserve the remaining oat mixture for the topping.
5. Spoon the fruit filling over the crust and spread to edges.
6. Top with the remaining oat topping.
7. Bake at 350° for 35 minutes, or until fruit begins to bubble. Cool.
8. Refrigerate for at least 4 hours, then cut into bars. Store in refrigerator in an airtight container or freeze for up to 3 months.