

Soft Granola Bars with Chia, Flax, and Almonds

This recipe is a lovely soft granola bar recipe and is customizable with so many other add-ins. Substitute the almonds, flax, and chia, for a 1/2 C of any other kind of add ons that you may wish.

Ingredients:

- 1 1/2 C. quick-cooking oats
- 1 C. crisp rice cereal
- pinch salt
- 1/3 C. brown rice syrup
- 2 T. pure honey
- 4 T. coconut oil (can substitute butter/vegan butter)
- 1/2 tsp vanilla extract
- 1/4 C. Almonds
- 2 T. Ground Flaxseed
- 2 T. Chia Seeds

Directions:

- Line an 8x8" or 9x9" baking dish with parchment paper.
- In a large bowl, combine the oats, crisp rice, and salt. Stir to combine well.
- In a small saucepan, combine brown rice syrup, honey, and coconut oil. Bring to a boil over medium heat, stirring regularly. Boil 3-4 minutes. Remove from the heat and stir in vanilla extract.
- Pour wet mixture over the oat mixture. Add your chia seeds, almonds, and ground flaxseed, and stir to combine really well. Press into an 8x8" baking dish and press down with a spatula as hard as possible to flatten and compact it into the pan. The more compact, the better.
- Refrigerate about 1 hour before slicing into bars or squares, and enjoy!
- Store extra granola bars in a zip top bag in the refrigerator for a week or the freezer for up to a month.