



Apple Cinnamon Granola Bars

2 cups Fieldstone Organics Okanagan Apple Cereal – soak in 2 cups of water and place in fridge for 24 hours prior

2 ½ cups freshly flaked oats

¾ cup soft butter (can also substitute with coconut oil)

½ cup honey

1/3 cup brown cane sugar

1 tsp baking soda

2 tsp cinnamon

1 tsp vanilla

1 cup flaked almonds

1 cup currants

Combine ingredients together in a large bowl. Grease a 9" x 13" baking pan. Spread mixture evenly into pan and bake for 45 minutes at 300 degrees.