

Pumpkin Granola Bars

This granola bar is chewy and the pumpkin is a flavorful addition. Recipe makes enough for a 9 x 13 inch pan but it's worthwhile doubling and baking in a cookie sheet. Be sure to chop up the nuts and cranberries for easier slicing into bars

Ingredients:

2 ½ cups freshly flaked oats
1 cup coconut
½ cups chopped, raw, almonds, pecans or pistachios
½ cup chopped dried cranberries
½ cup mini chocolate chips or sub to buckwheat groats
1/3 cup whole grain wheat or oat flour
¼ cup freshly ground flax seed
1 teas cinnamon
½ teas salt
¾ cup pure pumpkin
½ cup honey
¼ cup butter
1 teas vanilla

Directions:

- Line a 9 x 13 inch dish with parchment paper so it drapes over the side of your dish for ease of removal. Preheat oven to 350 degrees.
- Mix first 9 ingredients together
- Blend pumpkin, honey, butter and vanilla together
- Pour wet ingredients into dry ingredients
- Using a wooden spoon stir well until all wet and dry ingredients are blended
- Pour the mixture into 9 x 13 pan and spread to the edges, pat down
- Place in middle rack of oven and bake for 20 – 25 minutes or until golden on top and dry to the touch.
- Remove dish from oven and place on a cooling rack
- When completely cool, remove parchment sling and place on a flat surface for cutting into bars
- Refrigerate or freeze individually or in an airtight container
- Recipe adapted from Looneyspoons Collection