



ENERGY-PACKED GRANOLA BAR

YIELDS: 8 BARS

These baked oatmeal bars are super easy to make and are great treats for camping, hiking and picnics. They are easy to adapt for allergy, taste and dietary preferences by using whichever dried fruit and seeds you prefer and by using a dairy free/vegan butter.



Ingredients

- 250g Anita's Organic Rolled Oats
- 55g Flaxseed, whole (brown or golden)
- 20g ground flax meal or chia seeds
- 160g Anita's Organic Stone Ground Spelt Flour
- 95g Unsweetened Shredded Coconut
- 145g Cranberries
- 50g Sunflower Seeds
- 70g lemon juice
- 110g butter or vegan butter alternative, melted
- 300g maple syrup

Instructions

1. Preheat the oven to 350F. Grease and line with parchment paper a 9 x 9 baking pan.
2. In a large bowl mix together the rolled oats, flax seed, flax meal, spelt flour, coconut, cranberries and sunflower seeds. Set aside.
3. In a smaller bowl or jug, mix together the melted butter (or alternative), lemon juice and maple syrup.
4. Make a well in the centre of the dry ingredients and pour in the wet mixture. Stir everything together until evenly combined. Scrape into the prepared pan and flatten out.
5. Bake in the oven for 30 minutes to 35 minutes until the top is golden brown. Remove from the oven and allow to cool in the pan for 30 minutes.
6. Remove from the pan and transfer to a wire rack to cool completely. Cut into 8 pieces.

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