



**TasteWiseKids**  
at Home

## EXTRA SEEDY GRANOLA BARS

### INGREDIENTS

- 1 cup of peanut butter
- 2/3 cup of honey or maple syrup
- 2 cups rolled oats
- 1 tsp of salt
- 1/2-1 cup of nuts of your choice (I like almonds, peanuts or pecans)
- Optional: 1/3 cup chocolate chips

### NOTES

These are so easy to change depending on what you like. You can use dried fruit like raisins or try a different nut butter like almond butter.

- 1** Start by lightly chopping your nuts, you can decide what size chunks you like.
- 2** Mix your peanut butter and honey or syrup in a large bowl together and microwave for 20 seconds to gently warm.
- 3** Add in your oats, salt, and chopped nuts and use rubber spatula to mix until they are coated. If your mixture is looking dry you can add coconut oil or a little more honey/maple syrup until it becomes sticky.
- 4** Line a square pan with parchment paper for easy removal and spoon your mixture into it. Use your spatula or the bottom of a glass to firmly press and flatten the granola into the pan.
- 5** You can choose to bake these in the oven at 300 degrees for 15-20 minutes or you can chill them in your refrigerator for an hour.
- 6** If using, melt your chocolate chips in the microwave in 20 second intervals, being careful to stir in between and not overheat. Pour the melted chocolate over the top of your bars and spread to cover everything. Chill until chocolate is hardened.
- 7** Cut into squares or rectangles and use the edges of the parchment paper to lift them out. Enjoy!