



## From the Kitchen of Executive Chef Jessica VanRoo

### Chewy Nut Chocolate Granola Bars

#### Ingredients

- 1 cup slivered almonds
- 1 ½ cups walnuts
- 1 ½ cups pecans
- 4 cups rolled oats
- 1 cup pepitas
- 1 cup chia seeds
- 1 cup dried cranberries or raisins
- 1 cup dark chocolate chips
- 2 teaspoons Kosher salt
- 1/2 cup ground flax seeds
- 4 tablespoons coconut oil (or olive oil)
- 2 cups honey
- 2 teaspoons almond or vanilla extract

#### Instructions

1. Preheat oven to 350 degrees. Combine the nuts, oats, pepitas, chia seeds, cranberries, chocolate chips, salt and flax seeds in a large bowl. Stir until evenly distributed.
2. Heat the coconut oil until melted, stir in the honey, and mix until well combined. Turn off the heat and stir in the extract.
3. Line a small baking sheet or rectangular pan with overhanging parchment paper. Spread the bar mixture and use your hands to press it down tightly and flat.
4. Bake for 30 minutes or until the edges are slightly toasted. Remove from the oven and run a knife along all the sides to loosen. Let cool completely at room temperature, then unmold and cut into bars or squares. Wrap the bars individually and store them in an air-tight container or zipped bag in the fridge. They will keep well for at least one month.