

*You & Your Health
... First*



Make your own...Granola Bars!

This is a fun, easy and healthy snack to make for the whole family!!!

Ingredients:

- 2.5 cups of oats (I like the small quick oats!)
- 1 tbsp ground cinnamon
- ¼ cup pumpkin seeds
- ½ cup chopped walnuts
- ¼ cup dried cranberries
- ¼ cup goji berries
- ¼ cup mini dark chocolate chips
- 2 large bananas, mashed
- ¼ cup melted coconut oil
- 3 tbsp maple syrup



Instructions:

1. Preheat oven to 350 degrees and grease OR line an 8" square pan with parchment paper.
2. In a large bowl, combine the oats and cinnamon. Add pumpkin seeds, walnuts, cranberries, goji berries and mini chocolate chips.
3. In a small bowl, combine mashed bananas, coconut oil and maple syrup.
4. Add the wet ingredients to the dry and stir/mix to combine.
5. Pour mixture into a square baking dish and flatten with a spatula.
6. Bake for 20 mins. Let cool for 10 before removing from pan. Store in the fridge for up to 10 days or in an airtight container in the freezer for up to 3 months.