

Oats & Honey Granola Bars

Yield: 12 granola bars

These homemade, all-natural Oats and Honey Granola Bars are baked until slightly crunchy, making them perfect for breakfast-on-the-go or as a wholesome, portable snack.

Ingredients

- 3 1/4 cups old-fashioned rolled oats
- 3/4 cups crispy rice cereal
- 2/3 cups oat flour (see Tips & Tricks below) OR whole wheat pastry flour
- 3 tablespoons brown sugar
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 2/3 cup honey
- 1/3 cup melted coconut oil
- 2 teaspoons pure vanilla extract

Instructions

1. Preheat oven to 350°F. Line a 9- by 13-inch baking pan with parchment paper.
2. In a large bowl, stir together oats, crispy rice cereal, oat flour, brown sugar, baking soda, and salt. Measure honey, melted coconut oil, and vanilla into a measuring cup, then drizzle over oat mixture and stir until all ingredients are completely combined.
3. Transfer oat mixture into prepared pan and press down very firmly into an even layer. Bake for 20 to 25 minutes or until light golden brown on top. Remove from oven and use the flat bottom of a small pan or dish to press down granola bars again. Cool in pan for 15 minutes, and then use parchment paper sling to carefully lift granola bars out onto a cutting board (you can leave them sitting on top of the parchment paper). Cool for 5 more minutes and then cut into 12 bars. Remove to a cooling rack to finish cooling completely. Store in an airtight container.

Notes

To make oat flour, use a blender or mini food processor to grind 3/4 to 1 cup oats into a fine powder. Measure out 2/3 cup of oat flour for the granola bar recipe after grinding. If you have leftover oat flour