

Granola Bars



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 3 cups old fashioned rolled oats
- 1 $\frac{1}{4}$ cups Flourish flour
- $\frac{2}{3}$ cup light brown sugar (packed)
- 1 cup semisweet chocolate chips
- 1 $\frac{1}{4}$ teaspoons ground cinnamon
- $\frac{3}{4}$ teaspoon salt
- 1 large egg
- $\frac{2}{3}$ cup unsweetened applesauce
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup creamy peanut butter (see notes)
- 2 teaspoons pure vanilla extract

Instructions

1. Preheat oven to 350.
2. Spray a 9x13 glass pan with cooking spray and set aside.
3. In a large bowl, combine all the dry ingredients (oats through salt) and mix well.
4. Make a well in the center of the bowl and add remaining ingredients (egg through vanilla extract).
5. Stir the wet ingredients together in the well and then mix with the dry ingredients until well combined.
6. It takes a minute to get everything coated so there are no traces of flour or oats left.
7. Pour the mixture into the prepared pan and pat down in an even layer. (You can wet your fingers with water and press it down that way if it's sticky.)
8. Bake at 350 for 30 minutes.
9. Let cool for at least 10 minutes in the pan and then cut into 14 bars and let cool completely.
10. Store in an airtight container at room temperature for up to a week.