



Homemade Granola Bars (GF/CF)

- 3 cups Oatmeal
- 1 ½ cups chopped pecans
- 1 cup coconut (*optional*)
- ¾ cup sunflower kernels
- 5 TBSP Butter flavored Crisco
- 1 cup honey
- 1/3 cup brown sugar
- 1 tbsp. vanilla
- ½ tsp. salt
- 1 cup Raisins/craisins
- 1 cup choc chips (Ghirardelli semi sweet are dairy Free)

Preheat oven to 350. Line 9x13 with parchment

Toss oatmeal, pecans, and coconut together on a sheet pan and toast for 10 minutes. Until lightly browned.

Transfer to large bowl and stir in Sunflower Kernels.

Reduce oven to 300 degrees

Place Crisco, honey, brown sugar, vanilla, and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for a minute, then pour over the toasted oatmeal mixture. Add the Raisins.

Sprinkle Chocolate Chips in the Bottom of the pan. Quickly dump and press the oat mixture in the pan and bake for 25-30 minutes until golden brown.

Cool for at least 2-3 hours before cutting into bars.

Makes 16-24 bars depending on size!