



SoCal University Girl39s Granola Bars

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

20

Description

I adapted a few granola bars to fit my needs as a shortoncash college kid Theyre easy to adapt to what you have in your pantry and perfect to store individually for a healthy grabandgo snack Using dried cherries gives the bars a tarty edge I recommend cutting bars and storing in refrigerator wrapped individually for grabandgo snacking

Ingredients

- - cooking spray - 1 ½ cups quick-cooking oats - 1 cup almond flour - ¾ cup chopped dried mixed fruit - ½ cup crispy rice cereal - ½ cup brown sugar - ½ cup chopped pecans - ½ cup chocolate chips (Optional) - ¼ cup flax seeds - 1 tablespoon instant coffee granules
- or more to taste (Optional) - 1 teaspoon ground cinnamon - ¾ cup applesauce - ½ cup honey - 1 egg - 2 teaspoons vanilla extract

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking pan with cooking spray. Mix oats
2. almond flour
3. dried fruit
4. rice cereal
5. brown sugar
6. pecans
7. chocolate chips
8. flax seeds
9. instant coffee granules
10. and cinnamon in a large bowl. Whisk applesauce
11. honey
12. egg
13. and vanilla extract in a small bowl; pour into oat mixture. Stir until evenly incorporated. Press batter into prepared baking dish. Bake in the preheated oven until edges are golden brown
14. 25 to 30 minutes. Cool completely before cutting into granola bars.