

# COCONUT HONEY GRANOLA BARS

## INGREDIENTS

- ¼ cup oil
- 2 cups rolled oats
- 1 ½ oz (1 cup) flaked coconut
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ½ cup honey
- 1 tsp vanilla
- 1 cup nuts (e.g. almonds; pecans)
- dark chocolate chips (optional)



## DIRECTIONS

1. Preheat oven to 325°F. Mix oats in a bowl with oil and toast on parchment paper on a baking sheet for 10 min. Lightly stir oats and then bake for another 10 min. Turn over down to 300°F.
2. Toss oats, coconut, spices, nuts, and optional dark chocolate in a bowl.
3. Heat honey and vanilla in a saucepan that can accommodate at least 3 times the volume of honey, and boil over medium heat. Simmer for 5 min. Remove from heat and mix with toasted oat mixture in a bowl.
4. Scrape granola into 13x9 pan lined with parchment paper. Bake for 25 min. until just golden. Cool completely before cutting into bars.