

Tweaked Downshiftology granola bars

my version uses raisins instead of choc chips and bakes in mini loaf pans.

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Ingredients

- 160 g old fashioned rolled oats
- 14 g puffed millet
- 70 g roughly chopped walnuts
- 90 g dark raisins
- 40 g ground flaxseed
- 0.25 teaspoon kosher salt
- 150 g honey
- 125 g creamy almond butter (or 115 g my funky almond meal)
- 54.5 g coconut oil (use 60 g coconut oil w/ my funky almond meal)
- 2 teaspoons vanilla extract

Instructions

1. Weigh out the raisins and microwave 30 sec with 2 tablespoons water. Let sit 10 minutes. Then place oats and raisins in food processor and pulse 5 times.
2. Preheat oven to 325°F/165°C. Line 3 mini loaf pans w/ parchment.
3. In a large bowl, stir together the puffed millet, chopped nuts, flaxseed, and salt. Stir in the oats and raisins.
4. In a medium bowl, stir together the honey, almond butter, coconut oil, and vanilla, until smooth.
5. Mix together. Pour the wet ingredients into the dry and stir together until well combined.
6. Divide the mixture into 3 equal parts. Press each third into a mini loaf pan. Use a 2nd loaf pan to flatten evenly. Make sure the mixture goes to the corners.
7. Bake for 20 to 25 minutes, until barely starting to get a little bit of golden color around the edges for chewy granola bars. For crunchier bars bake 25 to 30 minutes. Let cool to room temperature.
8. Let the granola bars cool to room temperature in the pan. Then place the pans in the fridge for 1 hour to completely firm up the bars. Gently lift the parchment paper out of the pan, and slice into granola bars.