

Chocolate Nut Granola Bars

Yield: 12 serves | **Prep:** 10 min | **Cook:** 40 min | **Source:** thestranger.online

Grab a snack. Granola is sometimes carried by people who are hiking, camping, or backpacking because it's nutritious, lightweight, high in calories, and easy to store.

This is a healthy option for those on a low sodium diet,

As a snack, it is often combined with honey, corn syrup, or maple syrup and compressed into a granola bar form that makes it easy to carry for packed lunches, or other outdoor activities.

Despite originating in Switzerland the names Granula and Granola were registered trademarks in the late 19th century in the United States for foods consisting of whole grain products crumbled and then baked until crisp.

Ingredients

- 473 ml rolled oats
- 237 ml semi-sweet chocolate chips
- 118 ml roasted almonds (unsalted)
- 118 ml roasted pecans (unsalted)
- 118 ml roasted peanuts (unsalted)
- 118 ml unsweetened shredded coconut
- 118 ml ground milled flax seed
- 59 ml whole flax seeds
- 59 ml honey (runny)
- 59 ml pure maple syrup
- 59 ml pitted dates
- 5 ml vanilla extract
- 2 ml kosher salt



Instructions

1. Preheat the oven to 170c. With a little butter, grease a 9" x 13" baking tray and line with parchment paper.
2. In a blender, pulse the peanuts, the pecans and almonds until they result in varying sizes, this makes for a more interesting bite from each bar.
3. On a large baking sheet combine the oats, nuts, coconut and whole flax seed, and roast at 170c for 10 to 15 minutes until toasted, brown and fragrant, stirring once midway through.
4. Remove from oven and toss into a large mixing bowl and let it cool slightly, best to do this at room temperature rather than to rush it in the fridge.
5. Reduce the oven temperature to 145C. Meanwhile in the blender or with a stick blender, pulse the honey, maple syrup, dates, and vanilla until smooth. Small pieces of dates are fine, it is unlikely to become completely smooth.
6. Blend the salt, ground flax seed and chocolate chips into the oatmeal and pour in the honey mixture stirring well until fully incorporated.
7. Transfer to the pre-prepared 9" x 13" baking tray and press mixture firmly into the bottom, sides and corners.
8. Bake for 20 to 25 minutes. Remove from the oven and place the tray on a wire rack to cool for 1 to 2 hours prior to removing and portioning into bars.