

# O-YA Nut Free Granola Bars

## An 'After School Club Healthy Snack' Recipe

*Recipe provided by Holistic Nutritionist Sarah Green*

2 1/2 cups	Rolled Oats
1/2 cup	Packed Brown Sugar
1/4 cup	Ground Flax Seed
1/2 cup	Pastry Flour
1/2 cup	Shredded, Unsweetened Coconut
3/4 tsp.	Salt
4 Tbsp.	Coconut Oil
5 Tbsp.	Butter, melted
3/4 cup	Honey
1	Organic or Free Range Egg, beaten
1 Tbsp.	Pure Vanilla Extract
1/2 cup	Dark Chocolate Chips
1/4 cup	Dried Cranberries (optional; look for the unsweetened variety)

*Preheat oven to 350 degrees.*

*Grease a 9" x 13" pan. In a large bowl, mix together oats, sugar, flax, flour, coconut and salt. In a separate bowl, mix together coconut oil, butter, honey, egg and vanilla. Make a well in the middle of the dry ingredients and pour the wet ingredients into it. Pour in the chocolate chips and cranberries and mix well.*

*Pat the mixture into the pan evenly. Bake for up to 30 minutes, but check it in 25. Cool for 5 minutes then cut into bars.*

### **What makes this a Healthy Snack Sarah?**

"Coconut Oil is a good choice of fat as it is easily 'burned' by the body and not stored (as fat!). The use of honey helps lessen the addition of sugar and the ground Flax Seed adds fibre and a good source of Omega 3 (an essential fatty acid for our hearts and brains!). Coconut and Oats add some protein to make this a nutritious, nut free (school friendly) choice." *Sarah Green, Holistic Nutritionist*

