

# CHEWY NUT & FRUIT PACKED GRANOLA BARS

A recipe by **FoodNouveau**

## INGREDIENTS

*Makes 12 bars*

1¾ cup [430 ml]	old-fashioned oats
1/3 cup [80 ml]	packed brown sugar
1/3 cup [80 ml]	oat flour (or 1/3 cup oats, processed until finely ground in a food processor or coffee grinder, or substitute whole wheat flour)
½ tsp [2.5 ml]	salt
¼ cup [60 ml]	wheat germ
2 tbsp [30 ml]	sesame seeds
1 cup [250 ml]	chopped nuts, such as walnuts, pecans, pistachios, almonds, or cashews
1 cup [250 ml]	chopped dried fruit, such as dates, apricots, raisins, or dried cranberries (always use at least a third of dates for a great chewy texture)
¼ cup [60 ml]	seeds, such as sunflower, pumpkin, or flaxseed
1/3 cup [80 ml]	canola oil (or half canola oil, half applesauce)
1/3 cup [80 ml]	nut butter, such as peanut, almond, or cashew
1/3 cup [80 ml]	maple syrup, liquid honey or agave syrup
1	large egg
2 tsp [10 ml]	vanilla



## METHOD

Preheat oven to 350°F [175°C]. Spray a 8" x 8" [20 x 20 cm] pan with non-stick cooking spray and line with parchment paper.

In a large bowl, stir together the oats, brown sugar, oat flour, salt and wheat germ. Stir in the nuts, dried fruits and seeds.

In a small bowl, whisk together the canola oil (and applesauce, if using), nut butter, maple syrup (or honey or agave syrup), egg and vanilla. Add to the dry ingredients and stir until all of the dry ingredients seem to be coated with the sweet liquid and the mixture sticks together. Press firmly into the prepared pan.

Bake for 25-30 minutes, until set and golden around the edges. Cool completely in the pan on a wire rack before cutting into bars (they're easier to cut out if they've been refrigerated in the pan first). Wrap individually and keep in an airtight container or plastic bag in the refrigerator for up to a week, or freeze for months.

Recipe Credit: Marie Asselin

Photo Credit: Marie Asselin

© 2013 Food Nouveau | <http://foodnouveau.com>