

Trip Granola Bars

Here is the recipe for the granola/trail mix bars. You can modify it any way you want, like using instant dry milk instead of protein powder, or honey in the maple syrup mixture. We actually **double the recipe** that you see below and put it in a **9x11** pan. Placing it in a somewhat larger pan and doubling the mixture can affect the time it takes to bake, but you can check it at 20 minutes or so. Change or add any of the ingredients you want, just don't over cook or it will crumble like granola and will become a topping for your ice cream :-). Enjoy

Granola Bars (double this for a full size pan):

1 C Grape Nuts Cereal (we sometimes use the *Kashi Go Lean Crunch* cereal instead)
1 C Oatmeal (dry)
1/2 C raw pecan halves, chopped
1/4 C sliced blanched almonds
1/4 C pumpkin seeds
1/4 C sunflower seeds
1/2 C coconut flakes
1/4 C golden raisins
1/4 C dried cranberries
1/4 C currants
1/4 C chocolate chips
7 dried apricots, sliced
1/4 C smooth soy (peanut) butter
3/4 C maple syrup
1/4 C light brown sugar
1/4 C protein powder (1/2 C if using instant dry milk)

Heat the oven to 350 degrees. Lightly grease an **8x8** inch baking pan (if you did not double the mix) and set aside. In a large bowl, combine (mix) the Grape Nuts, oatmeal, pecans, almonds, pumpkin seeds, sunflower seeds, *half the coconut*, raisins, cranberries, currants, and apricots.

In a small saucepan, over low heat, combine the peanut butter, maple syrup and brown sugar and stir until smooth and just bubbling, about 2 minutes. Add protein powder and stir well. Pour over the dry mix and combine well. Before putting the mixture into the baking pan stir in the chocolate chips. This will keep the chips from melting right away. Press the mixture into the pan and bake until light, golden brown, about 20-30 minutes depending on how your oven cooks. Remove from the oven and sprinkle on the remaining coconut and press down gently. Set aside until cool about 30 minutes. Cut into bars.

We found that if you keep the cut up bars in the refrigerator (in baggies or some other container) they will last for a long time and will stay fairly solid. When traveling with the granola bars, it may help if you place one or two of them in individual snack size baggies and then place all the bars into a small box in your suitcase. This will keep them from crumbling and will make placing them into your waist pack quite simple.