

A Recipe From *tikkido*

Soft Granola Bars

<https://tikkido.com/blog/homemade-soft-granola-bar-recipe>

Ingredients:

- 1 2/3 cups uncooked oatmeal
- 1/2 cup brown sugar
- 1/3 cup flour (I usually use whole wheat, sometimes even wheat germ)
- 2 cups dried fruit
- 1 t salt
- 1/4 t cinnamon
- 1/3 cup nut butter (I especially like cashew butter.)
- 1/4 cup maple syrup or honey
- 2 T corn syrup
- 6 T melted butter



Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all ingredients in a bowl and mix well.
3. Press the mixture into a 9x9 pan. A silicone baking pan is especially helpful for making this recipe. If using a regular pan, line the pan with parchment paper.
4. Bake at 350 degrees Fahrenheit for 35 minutes. Let cool COMPLETELY, and only then cut into bars.