

Fruit and Seed Granola Bars

2/3 cup peanut butter

2/3 cup coconut oil

2/3 cup honey

2 cups oats

1 cup dried fruit (raisins, cranberries and/or cherries)

1 cup seeds and nuts (peanuts, pumpkin, flax, chia and/or sunflower seeds)

Mix first three ingredients together, microwaving in 15 to 20 second bursts and stirring until the coconut oil is melted.

Stir-in the oats, dried fruit, seeds and nuts. Press the granola bar mixture into an ungreased 13x9-inch baking pan. Place granola bars in the refrigerator for 2 to 3 hours.

Once granola mixture is cooled and set, cut into bars. Wrap individually or package in snack bags. Store in the refrigerator or freezer.

Variations

You can replace the peanut butter with almond butter if you prefer the taste or have an allergy. The two cups of dried fruit, seeds, and nuts can be substituted for a wide variety of add-ins. My sister prefers a mixture of 1 cup chocolate chips, 1/2 cup coconut flakes, and 1/2 cup peanuts. Just keep experimenting until you find a few mixtures that you love.