

Joy's Granola Bars

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 4 cups granola*
- 1 tsp vanilla extract or 1/2 tsp vanilla powder
- 3/4 cup coconut oil melted (measure when liquid)
- 1/2 cup brown rice syrup or coconut nectar
- 1/2 cup maple cinnamon hemp heart toppers**

Instructions:

1. Preheat oven to 350 degrees.
2. Grease or line a cookie sheet with parchment paper.
3. Combine all ingredients into a large bowl, mix together. Pour onto cookie sheet and press down with your hands (see my tip above about this).
4. Bake for 10-12 minutes until the granola starts to get bubbly and golden brown.
5. It's okay if you see the bars bubbling on top. When you remove them from the oven just pat it down with the back of the spoon.

Notes:

*I used homemade granola that had lots of nuts and seeds in it. I linked some recipes above if you want to make your own. **I used Hemp Heart Toppers that are a "maple cinnamon" flavour. If you don't have this product, simply use hemp hearts and add 1 tsp of cinnamon and 1 tsp of maple syrup. I used brown rice syrup for two reasons, it's low in the glycemic index and because it's very sticky it is great for holding these together. You could also use maple syrup but I don't think it will stick as well. Honey is another option, I just never bake with honey because heat destroys all the beneficial enzymes, but if you don't care about that then honey will do too! Makes about 24 bars