

# Everyday Superfood Granola Bars JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2.5 cups rolled oats or oat flakes
- 1 tbsp ground cinnamon
- 1/4 cup pumpkin seeds
- 1/2 cup chopped walnuts
- 1/4 cup dried cranberries or raisins
- 1/4 cup goji berries
- 1/4 cup mini chocolate chips (I like Enjoy Life)
- 2 large bananas, mashed
- 1/4 cup melted coconut oil
- 3 tbsp maple syrup

## Instructions:

1. Preheat oven to 350 degrees and grease or line an 8" square pan with parchment paper.
2. Place oats into a blender or food processor. Blend until ground up but not finely ground to a flour texture. You'll want the oats to still have a little texture.
3. In a large bowl, combine the ground up oats and cinnamon. Add pumpkin seeds, walnuts, cranberries, goji berries and mini chocolate chips.
4. In a small bowl, combine mashed banana, coconut oil and maple syrup.
5. Add the wet ingredients to the dry ingredients and stir to combine.
6. Pour oat mixture into a square baking dish and flatten with a spatula.
7. Bake for 20 minutes. Let cool for 10 minutes before removing from pan. Store in the fridge for up to 10 days or in an airtight container in the freezer for up to 3 months.

## Notes:

Makes 8 large bars.