

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Honey Granola Bars

2 cups rolled oats

1 cup unsweetened shredded coconut

1 cup almonds, sliced or chopped

3 Tbls coconut oil

2/3 cup honey

1 1/2 teas vanilla

1/4 teas salt

1/2 cup quinoa flakes

1/2 cup dried cranberries (or dried fruit of choice)

1/2 cup chopped dates

2 Tbls chia seed

1/4 cup pumpkin seed or sunflower seed
(optional)

In a large bowl combine the oats, coconut, and almonds then spread them evenly onto a cookie sheet. Bake at 350 degrees for 10 minutes to lightly toast (optional). In a small sauce pan warm the coconut oil, honey, vanilla and salt until melted. Return the toasted ingredients to the large bowl and add the quinoa flakes, dried cranberries, chopped dates and seeds. Toss to combine. Pour the honey mixture over the dry ingredients and stir until everything is well coated. Spread onto a parchment paper lined 9x13 cake pan and press into place with your fingers. Place in the fridge to set up for 2-3 hours or overnight. Lift the set up mixture out of the pan using the parchment paper and cut into desired size bars. Wrap them individually for a quick healthy snack.

