

## Honey Bunches (granola bars)

An amazing way to add some oatmeal & different seeds to create a fiber filled snack.

Preparation Time: 10 mins

Cooking Time: 12-15 min.

Servings: 32 squares (cut 4x8)

Amount	Ingredient	Cost – date:
3 cups	Oatmeal	
1 cup	Flour	
2 cups total:	Coconut, sunflower seeds, sesame seeds, flax, chia seeds, pumpkin seeds, hemp hearts, raisins, chopped apricots, nuts (all optional ideas)	
1 cup	Brown Sugar	
1 cup	Margarine	
1/3 cup	Honey	
½ - 1 cup	Mini chocolate chips (OPTIONAL)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 350 and grease or line a 11" x 16" pan.
2. Mix dry ingredients together in a bowl.
3. In a pot, mix together the brown sugar, margarine and honey. Bring to a boil.
4. Add the boiled wet ingredients to the dry ingredients and mix together. Spread on to pan and press down. Option: spread chocolate chips on top.
5. Bake for 12-15 mins or until lightly browned. \*Do not over overbake.

SOURCE: Lisa's mom

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**

“Give us this day our daily bread.” Matthew 6:11