

## Granola bars

### Ingredients

For 12 bars

#### 4 cups of dry ingredients, including:

- 1 1/2 cup reserved for oats
- 1 cup sunflower seeds
- 1 cup dried fruit, chocolate chips, cranberries, etc.
- 1/2 cup whole wheat flour
- 1 tablespoon baking power and one dash of salt

#### 1 cup of wet ingredients:

- 1 cup of apple/fruit sauce or mashed bananas

### Preparation

- Preheat the oven at 350 F.
- Mix all the dry and wet ingredients together, and adjust if needed to get the right texture.
- Grease a 9x9 inch baking pan and add a sheet of parchment paper.
- Spread the mix evenly and press firmly down on the pan.
- Bake for approximately 20 minutes, or until the bars are golden.
- Wait an hour before cutting into individual portions.