

Granola Bars (kind of) from CinnamonQuill.com

Adapted from (<http://edibleperspective.com/?p=10919>) The Edible Perspective and (<http://peasandthankyou.com/2010/05/03/my-kind-of-day/>) Peas and Thank You

- 1 cup cereal, such as cornflakes or 'Chex'
- 1 1/2 cups mixed dried fruit and nuts in any combination
- 1/2 cup unsweetened coconut
- 2 Tablespoons flaxmeal (ground flaxseed)
- 1/2 cup honey, maple syrup, or brown rice syrup
- 2 Tablespoons almond butter (or other butter)
- 1 teaspoon vanilla (optional)
- 1/4 cup chocolate chips or chopped chocolate (optional)
- *Parchment paper

Preheat oven to 350F.

Line a 9x13 inch pan with parchment paper.

In a food processor, combine all ingredients, until desired consistency has been reached. If you'd like larger pieces in your bars, pulse mixture a few times, then finish combining with a spatula.

Wet hands, then press mixture into prepared pan. The mixture will only cover about two-thirds of the pan. See a picture of this (<http://www.flickr.com/photos/cinnamonquill/4861655150/>)

Bake 10-12 minutes, until mixture starts looking a bit golden. Remove from oven, then, using a very sharp knife, gently cut bars into desired size. This is more like just 'scoring'. I usually cut into about eight bars (as you can see, mine weren't exactly even).

Return pan to oven for 10-12 minutes more, or until they are starting to get more uniformly golden. This could take longer, depending what ingredients you used.

Remove from oven, reinforcing any of the scoring, as needed.

Cool completely before removing; slice around each bar as you lift it from the pan.

Wrap each bar in plastic wrap/parchment/wax paper, then store in an airtight container at room temperature.

Yields about 8 bars.