

CHR CHEWY GRANOLA BARS

9 cups old-fashioned rolled oats (not the "quick cooking")
1 c. all purpose flour
1 c. whole wheat flour
2/3 c. brown sugar
2/3 c. wheat germ
2/3 c. milled flax seed
2 tsp. baking soda
2 tsp. pure vanilla extract
1 1/2 c. softened butter (melted but not hot)
1 c. honey

Preheat oven to 325 degrees.

Line the bottom only of a 17.5x12.5x1 in. baking pan with parchment paper.

Put the oats in a bowl large enough to mix all the ingredients easily.

In a smaller bowl, combine dry ingredients. Mix thoroughly. Add this mixture to the oatmeal and mix lightly.

Combine the vanilla with the melted butter, then pour onto the oats mixture. Add the honey.

Stir together until all the ingredients are evenly moist. If the mixture seems too dry, add 1/4 cup honey OR melted butter, mixing well before adding the last ingredients.

Choose any combination of the following ingredients to total 3-4 cups of volume:

coarsely chopped roasted peanuts
semi-sweet chocolate mini morsels
roasted and salted hulled sunflower seeds
chopped pecans, chopped walnuts, or sliced almonds
craisins
golden raisins
regular raisins
whole flax seed (not more than 1/2 cup)
chia seed (not more than 1/4 cup)
oat bran (not more than 2/3 cup)
chopped dried fruit such as apples, apricots, blueberries, etc.

Mix thoroughly. Put all of the mixture into the baking pan, spreading evenly and compacting with the back of a spoon or spatula.

Bake for 18-22 minutes until golden brown. Do not over bake or bars will be dry and crumbly. Remove from oven and cool 10 minutes. Turn the pan over on a flat surface. Remove parchment. Cool 10 more minutes then cut into bars. Do not package until bars are room temperature.