

GRANOLA BARS



This is a great bar for those of you who need a quick, gluten-free snack to take with you on the go. That is why Manini's developed the GO GO Granola Bar. They are a great treat for the kids lunches and snacks!

Ingredients |

GF Oat Flakes	5 ½ cups
Manini's Multi-Grain Flour	1 ½ cups
Cinnamon	1 tsp
Ginger	1 tsp
Salt	1/2 tsp
Pumpkin or Sunflower Seeds	1/2 cup
Poppy Seeds	1 Tbsp
Teff Grain	1 Tbsp
Baking Powder	1 tsp
Shredded Coconut	1 cup
Coconut Oil	½ cup
Palm Shortening	½ cup
Honey	¾ cup
Maple Syrup	¾ cup
Vanilla Extract	¼ tsp
Dried Cranberries	1 cup
Chocolate Chips	¾ cup

Directions |

1. Melt coconut oil with shortening over double boiler or in microwave. Add honey, maple syrup, and vanilla.
2. Mix all dry ingredients together (oat flakes through shredded coconut)
3. Mix wet and dry ingredients until combined.
4. Add cranberries and chocolate chips, mix just until incorporated.
5. Pour mix into 9X13 pan lined with parchment and exposed edges sprayed with pan spray. Spread evenly in pan and press down flat.
6. Bake at 325°F in convection with fan on low for 18-20 minutes. Do not overbrown, but should feel fairly firm.