

## Chewy Granola Bars

(adapted from <http://smittenkitchen.com/blog/2010/02/thick-chewy-granola-bars/>)

1 2/3 cups quick rolled oats  
1/2 to 3/4 cup granulated sugar (use more for a sweetness akin to most purchased bars; use less for a mildly sweet bar)  
1/3 cup flour  
1/2 teaspoon salt  
1/4 teaspoon ground cinnamon  
2 to 3 cups dried fruits and nuts (total of 10 to 15 ounces)\* Coconut, cranberries and chocolate chips  
1/3 cup peanut butter or another nut butter  
1 teaspoon vanilla extract  
6 tablespoons melted butter or coconut oil  
1/3 cup honey, maple syrup or corn syrup  
1 tablespoon water

Preheat the oven to 350F. Line an 8" x 8" x 2" pan in one direction with parchment paper, allowing it to go up the opposing sides. Lightly grease the parchment paper and the exposed pan, or coat with a non-stick spray.

Stir together all the dry ingredients, including the fruit and nuts. In a separate bowl, whisk together the vanilla, melted butter or oil, liquid sweeteners and water. Toss the wet ingredients with the dry (until the mixture is evenly crumbly. Spread in the prepared pan, pressing them in firmly to ensure they are molded to the shape of the pan. (A piece of plastic wrap can help with this, as you press down on the back of it.)

Bake the bars for 30 to 40 minutes, until they're brown around the edges — don't be afraid to get a little color on the tops too. They'll still seem soft and almost underbaked when you press into the center of the pan but do not worry, they'll set completely once completely cool.