

# Chocolate Raisin Granola Bars

The summer is here and we need snacks to take on trips to the forest and all places in between. These bars are perfect, full on flavor but not too sweet. They are great to keep you going while out and about. A super easy recipe, you can surely invite your little helpers to take part in making them.



Prep time  
15 min

Cook time  
30 min

## Ingredients

$\frac{2}{3}$  cup raisins  
1  $\frac{1}{4}$  cups warm water

### Wet Ingredients

$\frac{1}{2}$  ground flaxseeds  
 $\frac{1}{3}$  cup maple or date syrup  
 $\frac{1}{4}$  cup melted coconut oil  
2 Tbsp vanilla extract  
2 Tbsp almond butter

### Dry Ingredients

2 cups oats  
1 cup ground almonds  
 $\frac{3}{4}$  cup shredded coconut  
 $\frac{1}{2}$  cup millet flour  
 $\frac{1}{2}$  cup puffed millet  
50g chopped chocolate  
2 Tbsp cinnamon  
 $\frac{1}{2}$  Tbsp dried ginger

Makes between 18 - 22 bars

## Directions

1. Preheat oven to 175°C / 350°F.
2. Line the bottom of a large 11x13in / 28x33cm baking dish with parchment paper and grease the sides with a bit of coconut oil.
3. Place the raisins in a small dish with the warm water and set aside for about 5 – 10 minutes to plump up. Set aside the flaxseeds into a small bowl. Mix the remaining wet ingredients together in a large bowl. Be sure to blend the almond butter well so there are no lumps.
4. Pour the water off of the raisins and into the small bowl with the flaxseeds. Let stand and thicken for about 5 minutes, stirring occasionally. Add the raisins into the bowl with the wet ingredients.
5. Meanwhile, mix all of the dry ingredients in a large bowl. If you do not have millet flour or puffed millet you can substitute another gluten free option such as rice. Or if you don't need the bars to be gluten free you can use spelt flour and puffed spelt.
6. Once the flaxseeds have thickened, add them into the bowl with the wet ingredients, stirring well until you reach a smooth consistency.
7. Add the wet ingredients to the dry ingredients and mix until everything is moist. You may want to use your hands for this part, as it requires a bit of muscle power.
8. Firmly press the mixture into the prepared baking dish.
9. Bake for 25-30 minutes, until the sides are lightly browned.
10. Let cool and then cut into bars. You can wrap them in wax paper for individual servings to take along on your adventures.

### Food News

If you are not keen on raisins feel free substitute other items such as dried apples or dried apricots (which are a good source of iron).

Millet flour, though not so common is a great flour to work with. It is light, yet still packed with protein and fiber. As well, it is an excellent source of magnesium. Additionally, since it is an alkaline grain it is easy to digest.



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