



The Perfect Lunch Box Granola Bars

School-Safe, Nut-Free, Gluten-Free

With rolled oats, wholesome seeds, hemp hearts, and ground flax these bars are filled with healthy fats and fibre. They are the perfect, chewy and not too sweet granola bar that will easily be a family favourite.

INGREDIENTS

- 3 cups rolled oats
- 1 cup chocolate chips
- 1/2 cup shredded unsweetened coconut
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1 cup mixed dried fruit (cranberries, blueberries and cherries)
- 1/4 cup hemp hearts
- 1/4 cup ground flax seed
- 1 can sweetened condensed milk

DIRECTIONS

1. Preheat oven to 375F and line a cookie sheet (9x13-inch is perfect) with parchment paper.
 2. In a very large bowl add oats, chocolate chips, seeds, dried fruit, hemp hearts and ground flax and mix together.
 3. Add can of condensed milk by scraping out the sides with a silicone spatula and mix into the dry ingredients. Make sure to mix well, it is very sticky and a big bowl makes mixing much easier and less messy.
 4. Poor mixture onto the cookie sheet and press down with the spatula or your wet hands. If using a large cookie sheet push granola bar to one side.
 5. Bake at 375F for 12-15 minutes, or until the edges are golden brown.
 6. Cool in the pan completely before removing and slicing into bars.
- Makes 16 bars.

This recipe was inspired and adapted from a recipe given to me by my dear friend and colleague Elena Usdenski RD.