

## **Granola Bars**

(Supplied by Sherry Loyst)

Source: Food That Really Schmechs (Modified)

2 c. Desiccated Coconut  
1 1/2 c oats, rolled, old fashion  
1 1/2 c raisins  
2 c sunflower seeds  
1/3 c sesame seeds  
3/4 c peanuts or soy nuts  
1/2 c dried fruit, apples, cranberries, apricots  
1/2 tsp salt  
1 c liquid honey  
1 tsp vanilla  
1/2 c peanut butter

Mix all ingredients together. Thoroughly blend the honey, vanilla, and peanut butter. You may need to mix with greased hands to ensure everything is mixed together. Line jelly roll pan (rimmed cookie sheet) with greased parchment paper. Pat mixture firmly into pan with greased hands or heated spoon. If you want thinner bars, use two jelly roll pans. Bake at 275 F until golden brown, 50 to 60 mins. Remove from oven and once again, pat firmly to ensure bars hold together. Cut into bars or squares.