

## Granola Bars

2 c. oatmeal (or granola)  
1 c mixed seeds, nuts, coconut (to taste - the recipe is quite flexible so add more if you like)  
1 c brown sugar - I do not pack mine and use a scant cup  
1 c flour (I usually do half white & half whole grain)  
½ c dried fruit or your choice  
½ c melted butter  
3 tbsp corn syrup (I use maple syrup)  
1 tsp baking soda

Mix dry ingredients together. Melt butter, add syrup and baking soda and pour mixture into dry ingredients. Mix until it is all wet.

Line a shallow pan (I use 8x6) with parchment paper then press in batter.

Bake at 350F for 15-18 minutes

I cut mine while hot then leave to cool completely before eating. They are quite soft when they come out, don't be tempted to bake for longer as they do harden as they cool.

## Spiced Nuts

10 c mixed nuts and seeds (pumpkin, pecans, walnuts, cashews, almonds...)  
2 c dried fruit (cranberries, cherries, raisins...)(I add the fruit at the end after the nuts have been baked however some prefer them baked with the nuts - your choice)  
3 tbsp maple syrup  
3 tbsp olive oil  
3 tbsp brown sugar  
2 tsp cinnamon  
2 tsp nutmeg  
2 tsp allspice  
1 tsp sea salt

Toss together and bake for 20 minutes at 350F.

I usually make a much smaller batch than this. I also increase the quantity of spices as I find the more the better. Experiment!

***Submitted by Diane Wyman***