

# Nutritious Homemade Granola Bar

By: Dr. High

[www.healthyhigh.ca](http://www.healthyhigh.ca)

## Ingredients

- 1 cup almonds (coarsely chopped in food processor, or use sliced almonds)
  - 1 cup chopped walnuts (or walnut pieces)
  - 1 cup puffed quinoa (or puffed rice if you don't have!)
  - 1 cup puffed amaranth (you can substitute oats if you'd like)
  - 1/4 cup ground flax seed
  - 1 tbsp cinnamon
  - 1/2 cup coarsely chopped dried cranberries (or cherries, raisins, any other dried fruit you like)
  - 1/3 cup rice syrup
  - 1/3 cup unsweetened apple sauce
  - 1 tsp pure vanilla extract
  - 2 tbsp honey (or more if you have a sweet tooth)
  - optional: 1 tsp maple extract
  - 1/2 cup liquid egg white (include to make chewy bars, omit for crunchy bars)
  - optional: 3 drops liquid Stevia (if you want it sweeter)
- Combine all dry ingredients (chopped almonds, chopped walnuts, quinoa, amaranth/oats, flax, cinnamon, dried cranberries) in a large bowl.
  - In a small sauce pan, bring rice syrup, apple sauce, vanilla, honey, maple extract to a boil, then turn down to simmer until thickened (approx 5 minutes). Remove from heat and let cool slightly; then add egg whites.
  - Pour liquid mixture over dry ingredients while stirring. Mix the dry ingredients are fully coated in the sticky syrup.
  - Prepare a baking sheet by covering with parchment paper, then greasing with coconut oil (or whatever oil you use). Press granola mixture onto the baking sheet making a 1.5cm (1/4") thick layer.
  - Bake at 300F for 20-25 minutes, then turn off the oven and leave in the dry heat for another 1 hour.
  - Remove from oven, slice into granola bar sizes. Store in an air-tight container lined with parchment paper. Now YOU are one of "those" people too!

