Granola Bars

Makes 36 bars.

Ingredients

- 180 ml (3/4 cup) butter (or margarine)
- 125 ml (1/2 cup) honey
- 60 ml (1/4 cup) brown sugar
- 1000 ml (4 cups) rolled oats
- 250 ml (1 cup) flour (try using whole wheat)
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) vanilla extract
- 2 cups raisins, Craisins, or a variety of dried fruit and seeds.

Instructions

1. In a medium size pot, melt butter with honey, brown sugar and vanilla over medium heat. Cook until it comes to a boil and simmer on low for 2 minutes.
2. In a large mixing bowl, combine oats, flour and baking soda.
3. Stir in butter mixture and dried fruit and seeds.
4. Press into a greased 9x13 inch baking dish.
5. Bake for 20-25 minutes at 160° (325°F).
6. Let cool completely before cutting into bars.