

Granola Bars

2 teaspoons coconut oil

1 cup millet

2 cups rolled oats

2 1/2 cups shredded coconut

1/2 cup pumpkin seeds

1 cup almonds (finely chopped)

1/2 cup dried cranberries

2 teaspoons cinnamon

1 cup brown rice syrup

1/2 cup peanut butter

2 teaspoons vanilla extract

1. Prepare a baking sheet by draping plastic wrap along the bottom and up and over the sides. The object is to be able to remove the cookies easily after they are frozen.
2. In a skillet, heat coconut oil on medium heat, once oil is melted, add millet and toss or stir until it smells toasty and is starting to brown.
3. Remove from heat and set aside to cool.
4. In a large bowl combine oats, shredded coconut, pumpkin seeds, chopped almonds, dried cranberries, and cinnamon.
5. In a small saucepan stir together brown rice syrup and peanut butter over medium heat until mixture softens and bubbles slightly.
6. Remove from heat and mix in vanilla.
7. Add millet and syrup mixture to dry mixture in bowl and combine well, being sure to scrape sides of the bowl.
8. Press mixture firmly into baking sheet. Place in the freezer for 10 minutes.
9. Remove from freezer and cut into bars with a pizza cutter.
10. Store in refrigerator for 2 weeks or a freezer for 1 month.