

Soaked Granola Bars



Work Intensity



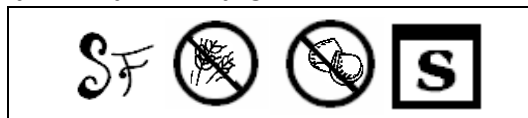
Storage



Cost

I was worried that the soaked counterpart to the famous granola bars wouldn't live up. What an incredible surprise that I like them better! I used soaked and dehydrated oats for a pleasantly crunchy, sticky, chewy granola bar.

Ingredients



4 ½ c. [soaked and dried oats](#)

½ c. whole wheat flour

1 c chopped [crispy walnuts](#)

1 cup add-ins: mini chocolate chips, dried fruit, sunflower seeds, coconut, etc

½ or ¾ c. butter

2/3 or 1 c. honey

2 tsp. vanilla

Method:

In a small saucepan, melt butter, honey and vanilla over medium low heat. Once butter is melted and bubbly, cook and stir for 5 minutes, until the frothy bubbles go away and the mixture looks more like soft crack candy. The bubbles will be larger and more controlled. This is important! In a separate bowl, stir together the dry ingredients. Mix the liquid with the oats. Incorporate add-ins at this point (mini-chocolate chips melt, so you may want to cool first).

Choose Your Own Ending

Unbaked (Use the 2/3 cup honey and ¾ cup butter) Line a container of any kind with waxed paper (I've used glass dishes and plastic storage containers.) Press bar mixture in, well, with waxed paper. Allow to harden up (the refrigerator speeds this up, but isn't necessary) and then cut into bars.

Baked (Use 1 cup honey and ½ c. butter, or use less honey but have more crumbly results. Add 1 tsp. baking soda and mix in thoroughly.) Press mixture hard into a greased 9"x13" pan; use wax paper on your fingers to apply pressure. Bake at 325 degrees F for 10 minutes. Allow to sit in pan until completely cool and then cut into bars.

Taste difference? Believe it or not, 10 minutes in the oven does something considerable. The baked bars have a mouthfeel related to a cookie (but not quite) and are less sweet. Unbaked bars are more like a sticky Quaker chewy granola bar, but with the 1 cup honey are much too sweet (and more expensive anyway). You could try half and half in 8"x8" pans to see which you prefer!

Makes at least 20 bars, equivalent to about 3 boxes processed bars