

# Homemade Goopy Granola Bars

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- 2¼ cups old fashioned oats (*not quick-cooking oats*)
- ¾ cup sesame seeds
- 1 cup chopped nuts
- ½ tsp. sea salt
- ½ cup honey
- 5 Tbsp. coconut oil
- 1½ tsp. vanilla
- 1 cup dried chopped fruit (cranberries, raisins, chopped figs, dates, cherries, pineapple)
- *optional: chocolate chips or carob chips*



1. In a 9×12" baking pan, combine the oats, sesame seeds, nuts, and salt. Toast in the oven at 350° F for 12 minutes or until light golden in color. **\*\*\*Stir every 4 minutes or so to prevent burning.**
2. While waiting for the oats, nuts, and seeds to toast, combine honey and coconut oil in a saucepan and heat until coconut oil has melted and they are well combined, stirring frequently.
3. Stir the dried fruit into the honey-coconut oil mixture and allow the fruit to soak up some of the sweet sauce.
4. Remove the oats, seeds, and nuts from the oven when they are golden brown.
5. Take sweet sauce away from the heat and stir in the vanilla. Pour fruit/sauce directly over the toasted mixture. Stir until well combined, adding chocolate chips or carob chips if desired. Press mixture into the pan with the back of a spoon.
6. When cool, cut into bars, store in refrigerator in an airtight container, and enjoy!



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