

# Nut-Free Granola Bars

Easy nut-free granola bars made with oats, seeds, and dried fruit. Perfect school-friendly snack that's healthy, customizable, and allergy-safe.

10 min

PREP

25 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 2 cup oat
- 1 cup sunflower seed
- 1 cup pumpkin seed
- 1 cup cranberry
- 1 cup honey
- 1 cup coconut oil
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp salt
- 1 cup chocolate chips

## Instructions

### 1 Prepare the Pan and Oven

Preheat oven to 175°C (350°F). Line an 8x8-inch baking dish with parchment paper, leaving 2-inch overhangs on opposite sides for easy removal.

### 2 Mix Dry Ingredients

Combine 2 cups rolled oats, 1 cup sunflower seeds, 1 cup pumpkin seeds, 1 cup dried fruit, 1 cup coconut flakes, and 1 teaspoon cinnamon in a large bowl. Stir until evenly distributed.

### 3 Heat Binding Ingredients

Heat 1 cup honey and 1 teaspoon vanilla extract in a small saucepan over medium-low heat for 2-3 minutes, stirring constantly until the mixture is warm and well combined.

#### 4 **Combine Wet and Dry**

Pour the warm honey mixture over the dry ingredients. Stir thoroughly with a wooden spoon until all ingredients are evenly coated and the mixture holds together when squeezed.

#### 5 **Press Into Pan**

Transfer the mixture to the prepared baking dish. Press down firmly and evenly using the back of a measuring cup or your hands until the surface is compact and level.

6 Bake for 20-25 minutes until the edges are golden brown and the center feels firm when lightly pressed.

7 Cool completely in the pan for at least 2 hours until the bars are firm and set.

8 Lift the granola block out using the parchment paper overhangs. Cut into 16 rectangular bars using a sharp knife.

## Tips

Press the mixture firmly into the pan using the back of a large spoon or your hands - this is crucial for bars that hold together well when cut.

Line your baking pan with parchment paper with some overhang to make removal much easier and prevent sticking.

Allow bars to cool completely before cutting, as warm bars will crumble and fall apart easily.

Toast the seeds lightly in a dry pan before mixing for enhanced nutty flavor and better texture.

Warm the honey or maple syrup mixture until it's easily pourable - this helps it coat all ingredients evenly.

Cut bars with a sharp knife using a sawing motion rather than pressing straight down to prevent crumbling.

Store cut bars separated by parchment paper to prevent them from sticking together in containers.

For softer bars, slightly underbake them; for crunchier bars, bake an extra 3-5 minutes until deeply golden.