



Cooking in the Kitchen at Olum's

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*Delicious Recipes
that are Easy & Nutritious*

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Super Food Granola Bars

Serves 18 bars

Ingredients:

- ½ cup dry red lentils
- 1 ½ cups old-fashioned or quick oats (not instant)
- 1 cup raisins, dried cranberries, cherries, or blueberries
- 1 cup chopped walnuts or pistachios
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ⅓ cup oat or barley flour
- ½ cup packed brown sugar
- ⅓ cup honey or maple syrup
- ⅓ cup canola oil
- 1 large egg
- ½ teaspoon salt
- ⅓ cup peanut butter or almond butter (optional)
- 1 teaspoon vanilla (optional)

Directions:

1. Preheat the oven to 350° F and spray a 9 x 13-inch pan with nonstick spray.
In a small saucepan of boiling water, cook the lentils for 10-15 minutes, until soft. Drain well and set aside.
2. In a large bowl stir together the oats, brown sugar, oat flour, and salt.
Stir in the dried fruit, nuts and seeds.
3. In a small bowl, whisk together the oil, peanut butter, honey, egg, and vanilla. Add to the dry ingredients along with the cooked, drained lentils and stir until well combined and crumbly.
4. Press into the prepared pan.
5. Bake for 25-30 minutes, until set and golden around the edges. Cool completely in the pan on a wire rack before cutting into bars.