

Nela's Healthy Homemade Granola Bar

Dry ingredients:

2 cups oats

¼ cup wheat germ

¾ tsp cinnamon

1 cup whole wheat flour

¼ cup ground flax

¼ cup dark 75-80% chopped chocolate

¼ cup unsweetened shredded coconut

¼ cup blueberries

¾ tsp salt

Wet ingredients:

½ cup organic honey

1 egg, beaten

½ cup **oil**

2 tsp vanilla

½ cup unsweetened applesauce

(optional: ¼ cup of chopped almonds, walnuts or pecans)

Mix dry ingredients in a bowl and mix wet ingredients in a separate bowl. Make a well in the center of dry ingredients and pour in wet ingredients. Mix.

Pour into a greased 8.5X11 pan. Bake at 350°F for 30 minutes. Cool in pan on wire rack. Cut into 20 squares.