



MUNRO HONEY

Granola Bars –

Betty Cooper

First prize @ Brooke Alvinston Watford Fall Fair

2 ½ cups – quick cooking rolled oats

1 cup – unsweetened shredded coconut

½ cup – chopped raw almonds, pecans or pistachios

½ cup – chopped dried cranberries

½ cup – mini chocolate chips

1/3 cup – whole wheat flour

¼ cup – ground flaxseed

1 tsp – ground cinnamon

½ tsp – salt

¾ cup – canned pure pumpkin

½ cup – Liquid Munro Honey

¾ cup – butter melted

1 tsp – vanilla

- Preheat oven to 350°
- Line a 9x13 pan with parchment paper for east removal
- Combine first 9 ingredients, mix well
- Whisk together pumpkin, honey, butter and vanilla
- Stir together well!
- Bake 25 min until golden brown