

Margaret's Easy Granola Bars

- 3 cups quick cooking oats
- $\frac{3}{4}$ cup of sunflower seeds or other cereal/nuts
- 1 cup flaked coconut
- 1 cup sliced or chopped almonds
- 1 cup miniature chocolate chips
- $\frac{1}{2}$ cup sweetened, dried fruit - like cherries or cranberries.
- 1 can sweetened condensed milk
- 2 T melted butter

- Mix all the dry ingredients in a large bowl
- Mix the sweetened condensed milk and melted butter, then add to dry ingredients.
- With a large spatula (or moistened hands) mix until well blended. Do this for about 4-5 minutes; the more the liquid is absorbed into the oatmeal, the better the bars will be.
- Press into a greased 9x13" pan. Bake for 20-25 min until lightly browned around the edges.
- Let cool 5 min, then cut into squares before letting them cool completely.

Use any combination of chocolate chips, dried fruit, coconut, pecans, almonds or anything – you can adapt the recipe to your liking. I've been adding ground flaxseed and almond meal. You could try wheat germ, too.