

Peanut Butter Chocolate Chip Granola Bars

Makes 15-20 bars

1 cup all-natural peanut butter (Smuckers or Teddie Brand works well)

1/4 cup melted butter or oil

1/2 cup maple syrup

1 tsp vanilla extract

1/4 cup brown sugar, packed well (could use even 1-2 TB if you want to reduce sugar)

1 1/2 cup old-fashioned rolled oats

1/4 cup steel-cut oats

1 cup oat bran

1/2 cup mini semi-sweet chocolate morsals

1/2 cup pumpkin seeds

Preheat oven to 350 degrees

Mix peanut butter, butter, maple syrup, vanilla extract and brown sugar until creamy.

Add in rolled oats, steel cut and oat bran. Fold in chocolate and pumpkin seeds.

Press firmly into 9 x 13 parchment paper lined casserole dish. MAY I emphasize, FIRMLY!

Bake at 350 degrees for 25-30 minutes until lightly brown on sides.

Let cool for 20 minutes, and cut into 15-20 bars. Pack in wax paper bags and store at room temperature. Will be good for the week!