

Trail Mix Granola Bars

Serves: 12 bars | **Cook Time:** 35 minutes | **Difficulty:** Easy

Equipment Needed:

- 12-inch Dutch oven
- Large mixing bowl
- Measuring cups and spoons
- Parchment paper

Ingredients:

Ingredient	Amount	Notes
Old-fashioned oats	2 cups	Not instant
Mixed nuts	1 cup, chopped	Any combination
Dried fruit	3/4 cup	Cranberries, raisins, etc.
Sunflower seeds	1/4 cup	Hulled
Honey	1/3 cup	Pure honey
Peanut butter	1/4 cup	Natural preferred
Coconut oil	2 tbsp, melted	Or butter
Vanilla extract	1 tsp	Pure vanilla
Salt	1/4 tsp	Fine salt

Complete Cooking Steps:

Step 1: Set up and Toast

Set up 19 coals, with 6 on top and 13 on bottom, to achieve a temperature of 325°F. Then, line your Dutch oven with parchment paper.

Add the oats, chopped nuts, and sunflower seeds to the Dutch oven and toast them for 5-7 minutes, stirring every 2 minutes until they're lightly golden and fragrant..

Step 2: Make Binding Mixture

In a large bowl, whisk together the honey, peanut butter, melted coconut oil, vanilla extract, and salt until the mixture is completely smooth and well combined.

The mixture should be thick yet pourable, and all ingredients should be fully incorporated, with no streaks remaining.

Step 3: Combine Everything

Pour the honey mixture over the toasted oat mixture and stir thoroughly until all the dry ingredients are evenly coated.

The mixture should hold together when you squeeze a handful, but if it seems too dry, add another tablespoon of honey or melted coconut oil.

Step 4: Press and Shape

Return the mixture to the lined Dutch oven and spread it evenly across the bottom of the oven.

Pay special attention to pressing the edges well so the bars will hold together when cut.

Step 5: Bake

Cover the dutch oven and place it back over the coals, baking for 12 minutes before rotating the pot a quarter turn.

The bars should hold together but not be hard or overcooked.

Step 6: Cool and Cut

Remove the bars from the heat and let them cool completely in the pot before attempting to cut them.

Once completely cool, lift them out using the parchment paper and cut into 12 rectangular bars with a sharp knife: Store in an airtight container for best freshness.

Serving Suggestions:

- Perfect trail snack or breakfast bar
- Pack individually for hiking
- Customize with your favorite nuts and dried fruits
- Great energy boost for outdoor activities