

AFTER SCHOOL SNACK BARS

These back to school bars are so delicious that you can mix and match and make over and over - each time with a different flavour combo! These bars contain coconut, but you can also swap for mixed nuts.

TOOLS NEEDED FOR THIS RECIPE:

- 8x8 or 9x9 inch pan
- non-stick spray and OPTIONAL parchment paper (*unless you want to cut and serve your squares directly from the pan*)
- Large bowl for the squares/dough/+ dry ingredients
- Medium to small bowl for the wet ingredients
- Whisk + spatula

INGREDIENTS

- 1/2 cup all-purpose flour
- 1/4 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup chocolate chips or m&m's
- 1/2 cup dried fruits - *raisins, dried cherries, apricots, etc- you could also use nuts*
- 1/2 cup shredded coconut - *sweetened or unsweetened*
- 1/2 cup oats- *large flake, quick cooking or rapid all work*
- 1/2 cup brown sugar, packed
- 1/4 cup butter, melted- *salted or unsalted*
- 1 tsp vanilla extract
- 1 large egg

DIRECTIONS

- Preheat the oven to 350°F.

MAIN/LARGER BOWL FOR DRY INGREDIENTS

1. In a large bowl, combine flour, cinnamon, baking soda, salt, chocolate, dried fruits, coconut and nuts if you're using.
2. Next up we're going to add our oats then combine it all and set aside.

TIME TO MELT SOME BUTTER! *Use a microwave safe bowl, or Pyrex measuring cup that's safe to go in the microwave*

MEDIUM BOWL- WET INGREDIENTS

1. Let's add our brown sugar to a medium sized bowl, then add the melted butter and stir or whisk until it's nice and smooth. This also helps cool things down.
2. Now, let's add our vanilla and whip together.
3. Finally, let's whisk in the egg and whip it all together until it's nice and creamy.
4. Now we are ready to add this wet mixture into the main dry bowl. Combine until everything is smooth, without overmixing.

LET'S FORM THE SQUARES INTO THE PAN

1. Gently scoop the mixture into an 8x8 or 9x9 inch pan lined with non-stick spray and parchment paper.
 2. Gently press down so it's a nice even layer.
 3. Bake for 15-18 minutes until the bars are golden brown and the smell fills your kitchen. Wait for the pan to completely cool before cutting into bars.
- ENJOY!