Homemade Granola Bars

- 1 cup honey  
- ½ cup almond butter  
- 2 1/2 c. rolled oats (not instant)  
- 1 c. coconut, shredded  
- 1 c. dried cranberries or raisins (or mix of both)  
- 1 c. mixed seeds (pumpkin, sunflower, sesame, flax, hemp, chia*)  
- 1 c. natural unsalted peanuts  
  *Chia seeds are recommended as they help the bars to bind together.

Preheat oven to 250F and coat a 9x13 baking pan with non-stick baking spray. Warm the honey and almond butter together in a sauce pan, careful not to burn. Mix all the other ingredients together and add the warmed honey & almond butter, using a rubber spatula to fold and distribute. The mixture should be pliable and saturated, not dry.

Spread the mixture into the prepared baking dish and press down with a spatula or your hands to make the surface even. Bake for 1 hour, remove, and after about 15 minutes, cut into 4 across and 4 down to make 16 chunky bars. Let cool completely. (I wrap the bars individually in plastic wrap, and freeze until I need them.)