

SIMPLE GRANOLA BAR

Add to bowl:

3 cups of oats, 1 cup ea of sunflower seeds, walnuts (or any nut), 1 cup dried fruit, 1 cup chocolate chips. Add 1/2 cup ground flax and hemp hearts

~Add 1 can of condensed milk.

Line a 9x13 pan with parchment paper. Spread granola mix and pat down well.

Bake at 375 degrees for about 25 minutes

Remove; cut in 16 bars. Enjoy!