

Salt and Serenity

Very Early Morning Breakfast Bars

Makes 24 bars

2 cups all purpose flour
2 cups rolled oats (not quick cook or instant)
2 cups granulated sugar
2 cups shredded coconut (sweetened or unsweetened, your choice)
½ teaspoon kosher salt
2 teaspoons baking soda
½ cup dried cherries
½ cup dried apricots, diced into ¼ inch pieces
½ cup sunflower seeds
½ cup pumpkin seeds
2 cups unsalted butter or coconut oil (or a combo of the two)
¼ cup golden corn syrup

1. Preheat oven to 350° F. Spray a 15 x 10 inch jellyroll pan with cooking spray and line the bottom of the sheet with parchment paper.
2. Sift the flour into a large bowl. Add oats, sugar, coconut, salt and baking soda and mix well. Add dried fruit and seeds and mix again.
3. Melt the butter or coconut oil with the corn syrup in a small pot over low heat.
4. Add melted butter mixture to dry ingredients and, using your hands, mix well until everything is combined. Dump mixture onto cookie sheet and use your hands to flatten out dough so that it is even.
5. Bake for 25-30 minutes until golden brown. Let cool completely and then cut into 24 squares. These keep well in an airtight container for 2 weeks or they can be frozen for longer storage.