High-Energy Trail Mix Bars with Matty’s Maple-Honey Granola

Prep: About 15 minutes | Cook: 20-25 minutes | Makes: 16 bars

Oat bars packed with raisins, dried cranberries, chocolate chips, mixed nuts, and a scoop of Matty’s homemade granola. Cut the warm 9 × 13-inch pan into 16 bars, then let them cool completely so they set cleanly.

Ingredients

• 1½ cups old-fashioned oats

• 1 cup all-purpose flour

• 1½ teaspoons baking powder

• 1½ teaspoons ground cinnamon

• ½ teaspoon fine sea salt

• ½ cup softened butter (or ¼ cup neutral oil plus ¼ cup melted butter)

• ¾ cup brown sugar

• ¼ cup white sugar

• 1 egg

• 2 teaspoons vanilla extract

• ¾ cup raisins

• ½ cup dried cranberries (Craisins)

• ½ cup chocolate chips

• ⅓-½ cup chopped walnuts, pecans, and/or almonds

• ⅓ cup Matty’s Maple-Honey Granola

Homemade granola: www.mattyscookbook.com/recipes/maple-honey-fruit-nut-granola

Method

1. Heat the oven to 325 degrees. Grease a 9 × 13-inch baking pan.

2. In a large bowl, mix the oats, flour, baking powder, cinnamon, salt, raisins, dried cranberries, chocolate chips, chopped nuts, and ⅓ cup of Matty’s Maple-Honey Granola.

3. In another bowl, whisk the softened butter, brown sugar, white sugar, egg, and vanilla until combined. If using the oil-and-butter option, whisk the oil and melted butter with the other wet ingredients instead.

4. Pour the wet mixture into the dry mixture. Mix with your hands until everything is fully combined.

5. Press the mixture evenly into the greased pan. Bake for 20-25 minutes, until the edges are set and lightly golden.

6. Let the pan rest briefly, until firm enough to cut but still warm. Use a sharp knife to cut 16 bars, then let them cool completely in the pan before lifting them out. Cutting while warm helps prevent a crisp bar from breaking.

Kitchen notes

Matty cut these while they were warm so the bars would stay intact if they crisped as they cooled. Let them finish cooling completely in the pan before lifting them out.

Estimated nutrition

Per 1 bar (1/16 pan): Calories About 265; Protein About 4 g; Total fat About 11 g; Total carbs About 39 g; Fiber About 2 g; Total sugars About 24 g.

Estimate assumes ½ cup butter, ½ cup nuts, ⅓ cup of the cookbook’s Maple-Honey Granola, and 16 equal bars. Brands and the butter/oil option change the values.