



Everything Should be Made with L.O.♥.e.

Granola Bars

Ingredients (Organic is always best):

- 3 cups rolled oats
- 3 cups sweetened shredded coconut
- 1 cup dried cranberries
- 1 ¾ cups sunflower seeds (or your preference)
- 1 ¾ cups raisins (or your preference)
- 1 tsp Chinese Five Spice (or your preference)
- 1 can sweetened condensed milk
- Coconut oil to grease **silicon moulds**

- 1) Preheat oven to 260 degrees F and grease silicon moulds with coconut oil.
- 2) In a very large bowl, combine first six ingredients and mix thoroughly.
- 3) Add the sweetened condensed milk and using a silicon spatula (or your greased hands) thoroughly combine all ingredients.
- 4) Pack the mixture into silicon moulds with the spatula.
- 5) Bake in preheated oven for 1 hour. Remove from oven and cool thoroughly before removing from moulds.

Glass and metal pans are not recommended. The silicon moulds work beautifully. This recipe has been adapted from Nigella Lawson's Breakfast Bars.

We hope you will agree that *everything should be made with L.O.♥.e.*
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This recipe features *L.O.♥.e. Potion #3 Chinese Five Spice*