

Race Winning Granola Bars

¾ cup honey

2 tablespoons unsalted butter (Kerrygold is best!)

3 cups rolled oats (Not instant)

1 cup slivered almonds

1/3 cup crushed walnuts

Coarse salt (I use Himalayan Rock Salt)

1 cup raisins or any blend of dried fruit you like

1/3 cup creamy almond butter (Cheaper at Harris Teeter) or other nut butter

One pair race legs (These are critical)

¼ cup light brown sugar

Set oven to 320 (I run less than this, maybe 300)

In a small saucepan, melt butter and ¼ cup honey (2 mins)

In a large bowl combine oats, almonds, walnuts and salt to taste (I lean on the salt a bit, maybe a teaspoon sea salt) Drizzle butter mix over and stir to combine.

Spread on a baking tray and bake until golden brown for about 20 mins, stirring occasionally. Return ingredients to large bowl and combine with dried fruit assortment, stir to combine.

In your first small saucepan (I don't bother cleaning the butter mix out) combine ½ cup honey, 1/3 cup almond butter and brown sugar until it boils stirring frequently (10 mins) and the sugar melts (the sugar will burn in the bottom unless you're diligent) let it burn a bit if you like a smoky flavor .

Drizzle over nut mixture stirring in well. Spread in a pre buttered 8X12 baking dish, pressing firmly (I use a flat bottomed metal measuring cup dipped in water to help it glide) I also use a straight pizza cutter to firm the edges so they cut and carry cleaner. Let it cool a bit, then square it off into bars with aforementioned straight pizza cutter.