

(Cut along the line) ✂

## *Iroquois Corn Granola Bars*

### INGREDIENTS:

½ cup of Iroquois White Corn Flour	3 teaspoon honey or agave nectar (if making gluten free version)
½ cup of Iroquois Roasted White Corn Flour	1 tablespoon peanut butter (regular or gluten free)
½ cup almonds (or other nut), chopped	½ cup of chocolate chips (optional)
1 tablespoon goji berries (or other dried berry)	1 tablespoon xanthum gum
1 teaspoon chia seed	
1 cup rolled oats, gluten free	
2 tablespoons maple syrup	

### DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix first six ingredients in a medium bowl. Add remaining ingredients.
3. With hands mix all ingredients together until well blended (dry ingredients are sticky).
4. Pour into a 9"x9" greased baking pan.

Iroquois Cron Granola Bars (continued)

2 of 2

### DIRECTIONS: *(continued)*

5. Press down hard until granola stops moving around.
6. Bake for 10-15 minutes or until lightly golden brown.

*Recipe by Chef Julie Samson.*

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