Crunchy Granola Bars

1/3 cup maple syrup

1/4 cup brown sugar

3/4 teaspoon sea salt

1/3 cup olive oil

2 cups old fashioned oats

1/2 cup chopped nuts (I like almonds)

1/2 cup raw pumpkin seeds

1/2 cup sunflower seeds

1/2 cup flaked coconut

1/4 cup chocolate chips

Line a 9x13 inch pan with foil and spray with cooking spray.

Whisk together maple syrup, sugar and salt.

Whisk in oil.

Process 1/2 cup of oats in food process or until finely ground.

Add oat flour to nuts, pumpkin seeds, sunflower seeds, coconut and remaining 1 1/2 cups oats.

Stir in wet ingredients.

Stir in chocolate chips.

Transfer mixture to prepared baking dish and use a greased metal spatula to press into pan.

Bake 45 minutes at 300.

Cool in pan for 1 hour.  Carefully lift granola out of pan using foil.  Slice into bars.