

Eat Smart • Move More

Granola Bars

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

- Nonstick cooking spray
- 2 cups old fashioned oats
- 1 cup chopped nuts (such as, almonds, walnuts, peanuts, and pecans)
- ¾ cup seeds (any combination of sunflower, sesame, and pumpkin)
- ¼ cup wheat germ (optional)
- ½ cup honey
- ¼ cup packed brown sugar
- 2 tablespoons canola oil
- 2 teaspoons vanilla extract
- 1 cup dried fruit (any combination of apples, raisins, apricots, cherries, and blueberries), diced

Directions

- Lightly coat a baking dish with nonstick cooking spray and set aside. Heat the oven to 350°F.
- Spread the oats, nuts, seeds, and wheat germ (if using) onto the baking sheet. Place in the oven and toast for 15 minutes, stirring occasionally.
- Combine the honey, brown sugar, oil, and vanilla extract in a saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
- Once the oat mixture is done, remove it from the oven and reduce the heat to 300°F.
- Immediately add the oat mixture to the honey mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish. Bake for an additional 25 minutes.

Nutrition Facts

12 servings per container	
Serving size	1 serving
	(65.32g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 14g of Added Sugars	28%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 304mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Wheat germ is located on the cereal aisle of your local food store and is a good source of Folic Acid and Vitamin E.
- ▶ For different flavors, try this recipe with other dried fruits, such as cranberries, prunes, figs, pineapple, or mango.

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(Recipe adapted from: <https://www.foodnetwork.com.>)

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