



Granola Bars

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Equipment

Large mixing bowl
Nonstick cooking spray
Spatula
Measuring cups
13"x9" baking pan
Parchment paper

Ingredients

Nonstick cooking spray
2 c. old-fashioned oats, puffed rice, or whole grain cereal
½ cup of brown rice syrup or honey
3 tablespoons of butter, preferably unsalted

2 tbsp. water
3 tbsp. packed light brown sugar
½ cup of (choose two) coarse chopped nuts, pumpkin seeds, sunflower seeds, etc.
½ cup of (choose two) coarse dried fruit, cherries, dates, prunes, apricots, apples, etc.
Optional 1/3 cup of chocolate chips
Optional flavors, ½ teaspoon of ground cinnamon or vanilla
Optional ½ tsp. salt
Optional healthy goodies (choose one) ½ cup wheat germ, chia seeds, amaranth, quinoa, etc.
Optional healthy goodies (choose one) ½ cup wheat germ, chia seeds, amaranth, quinoa, etc. hang.

Directions

Healthy, versatile, and fun, granola bars are easy to make with wide variety of options. Although there are non-bake recipes, baking the bars produces a crunchy, yet soft, bars that can be kept at room temperature for a week. The basic ingredients are rolled oats or whole grain cereal, and a



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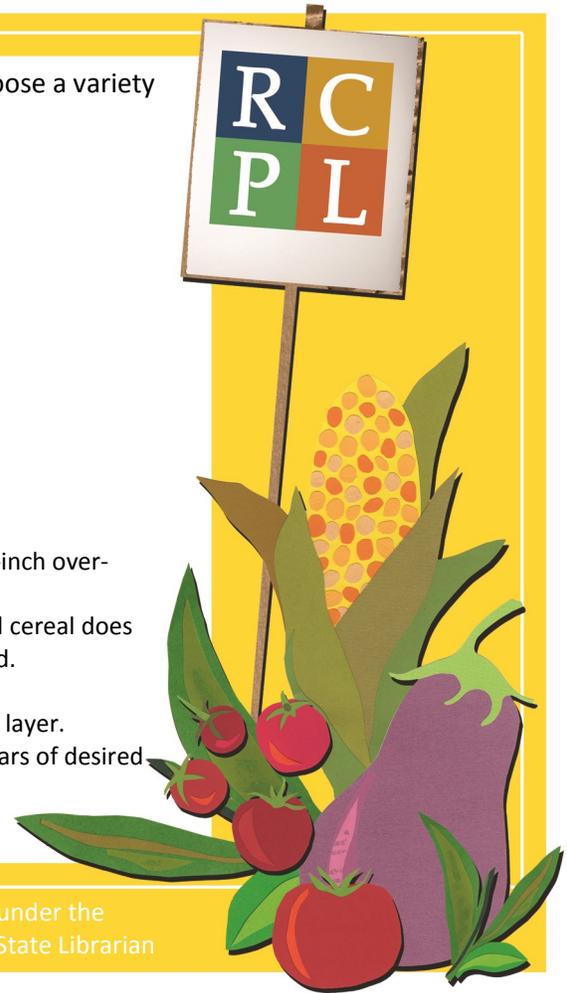
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binder such as rice syrup, brown sugar, egg whites, butter, or honey. Then choose a variety of options are available such as nuts, seeds, dried fruit, and chocolate bits.

Tips for better results:

- ◆ Toast the rolled oats in a warm pan
- ◆ Toast the nuts and seeds in warm pan
- ◆ Warm the wet ingredients and sugar in a pan
- ◆ Choose about four different nuts, seeds, and fruit options
- ◆ Add vanilla extract or cinnamon for extra flavor
- ◆ Add peanut butter or cocoa powder for firmer bars
- ◆ Firmly press down granola mixture onto baking sheet
- ◆ Allow the baked granola to completely cool before cutting into bars

1. Preheat oven to 325 degrees F.
2. Line 13- by 9-inch metal baking pan with. Line pan with parchment paper, leaving 2-inch overhang. Spray with the non-stick spray.
3. Toast oats until lightly golden. Toast nuts and seeds until slightly browned. Cooked cereal does not need to be toasted. Lightly heat butter, syrup or honey, and sugar just until melted.
4. Combine all ingredients in a large bowl and mix with a spatula.
5. With wet hands firmly press the granola mixture onto the baking sheet into an even layer.
6. Bake 25 to 30 minutes or until golden. Completely cool pan on wire rack. Cut into bars of desired size. Store in airtight container at room temperature up to one week.



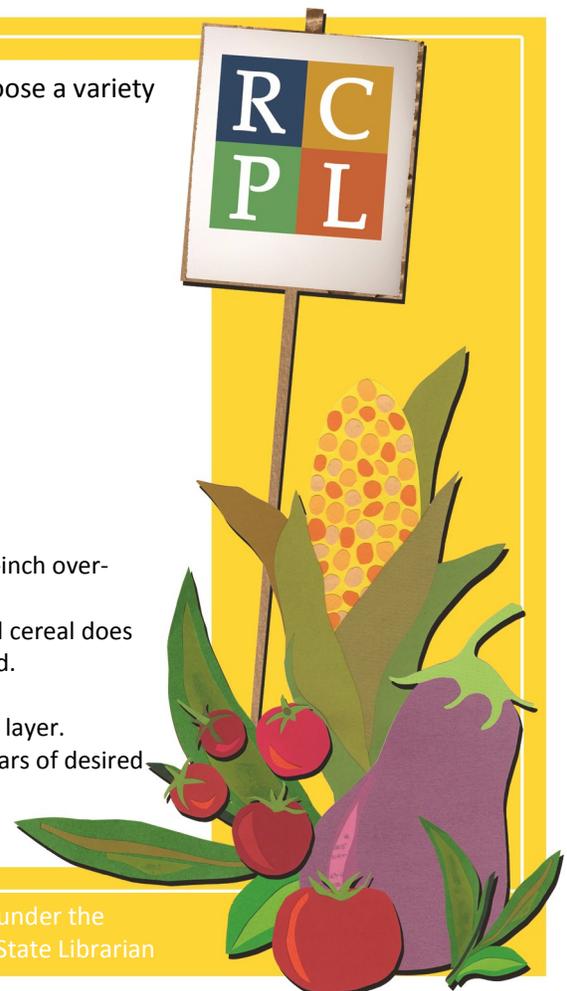
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