

Granola Bars

Ingredients

- 1/2 cup quick rolled oats
- 1 tbsp wheat germ
- 1-1/2 tsp light brown sugar, packed
- 2-1/2 tsp honey
- 1/8 tsp cinnamon
- 2-1/2 tsp vegetable oil
- 1/8 tsp kosher salt
- 1/8 tsp vanilla extract
- 2-1/2 tsp shredded coconut
- 1 tbsp dried cranberries
- 5-1/2 tsp light brown sugar, packed
- 5-1/2 tsp honey
- 5-1/2 tsp unsalted butter

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 202 calories, 9.4 g fat, 4.18 g saturated fat, 51 mg sodium, 28.4 g carbohydrate, 1.39 g fiber, 12.2 g sugar, 2.14 g protein

Directions

1. In a large bowl, mix together oats and wheat germ.
2. In a sauce pan, mix together brown sugar, honey, cinnamon, oil, salt, and vanilla. Bring to a boil over medium low heat, stirring frequently. Once the mixture boils, remove from heat.
3. Pour mixture over oats and mix until oats are completely coated.
4. Place mixture on 18 x 13 inch trays lined with parchment paper and bake in a 350° F oven for 8 minutes. Remove from oven and stir in coconut and cranberries until incorporated. Replace in oven for an additional 10 minutes. Remove from oven and let cool.
5. In a sauce pan, place brown sugar, honey, and butter. Bring mixture to a boil then reduce heat to low. Stir for 2 minutes then remove from heat. Let cool slightly and then pour over granola. Mix until fully incorporated.
6. Spread onto 18 x 13 inch trays lined with parchment and press. Refrigerate for 2 hours before serving. Cut into 4x6 pieces.