



## Granola Bars

### Ingredients

Nonstick cooking spray  
 2 cups old fashioned oats  
 ¾ cup seeds (any combination of sunflower, sesame, and pumpkin)  
 1 cup chopped nuts (like almonds, walnuts, peanuts, and pecans)  
 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, or blueberries), diced

### Directions

1. Lightly coat baking dish with nonstick cooking spray and set aside. Heat the oven to 350°F.
2. Spread the oats, seeds, nuts, and wheat germ (if using) onto baking sheet. Place in the oven and toast for 15 minutes, stirring occasionally.
3. 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.
4. Once the oat mixture is done, remove it from the oven and reduce the heat to 300°F.
5. 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.
6. Bake for 25 minutes.
7. Remove from the oven and allow to cool completely. Cut Into squares and store in an airtight container or plastic storage bag for up to a week.

### Nutrition Facts

Serving Size 1 serving (75.14g)  
 Servings Per Container 12

**Amount Per Serving**

**Calories** 300    **Calories from Fat** 120

**% Daily Value\***

**Total Fat** 14g    **22%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 10mg    **0%**

**Total Carbohydrate** 28g    **9%**

Dietary Fiber 4g    **16%**

Sugars 28g

**Protein** 8g

Vitamin A 0%    •    Vitamin C 0%

Calcium 6%    •    Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.