

## Grab & Go Granola Bars

Simple Every Day | September 2008



*These bars are very flexible. Choose your favorite dried fruits, nuts, and seeds. Use quick-cooking or old-fashioned oats. Go healthier with canola oil and egg whites or a bit more indulgent with whole eggs and butter.*

PREP: 35 MINUTES   BAKE: 25 MINUTES   OVEN: 350°, 325°

- 2   CUPS ROLLED OATS
- <sup>3</sup>/<sub>4</sub>   CUP WHOLE ALMONDS, COARSELY CHOPPED, OR SLIVERED ALMONDS
- <sup>1</sup>/<sub>4</sub>   CUP RAW SUNFLOWER SEEDS OR PUMPKIN SEEDS
- <sup>1</sup>/<sub>3</sub>   CUP UNTOASTED OR TOASTED WHEAT GERM
- 2   TBSP. FLAX SEEDS
- NONSTICK COOKING SPRAY
- 1   CUP ASSORTED DRIED FRUIT (SUCH AS SNIPPED APRICOTS, GOLDEN RAISINS, CHERRIES, AND/OR SNIPPED DATES)
- <sup>1</sup>/<sub>4</sub>   CUP WHOLE WHEAT PASTRY FLOUR OR WHOLE WHEAT FLOUR
- <sup>1</sup>/<sub>4</sub>   CUP PACKED DARK OR LIGHT BROWN SUGAR
- <sup>1</sup>/<sub>2</sub>   TSP. APPLE PIE SPICE OR GROUND CINNAMON
- <sup>1</sup>/<sub>8</sub>   TSP. SALT
- 4   EGGS WHITES OR 2 EGGS, LIGHTLY BEATEN
- <sup>1</sup>/<sub>2</sub>   CUP HONEY OR AGAVE SYRUP
- <sup>1</sup>/<sub>3</sub>   CUP CANOLA OIL OR BUTTER, MELTED
- 1   TSP. VANILLA

Place rolled oats in a 13×9×2-inch baking pan. Bake in a 350° oven for 5 minutes. Add almonds, sunflower seeds, wheat germ, and flax seeds. Bake for 5 minutes more or until lightly toasted; transfer to a large bowl. When 13×9×2-inch baking pan is cool, line with foil and lightly coat the foil with cooking spray; set aside.

Add dried fruit, flour, brown sugar, spice, and salt to oat mixture in bowl. In a small bowl combine egg whites, honey, oil, and vanilla. Add the egg white mixture to oat mixture; stir until moistened.

Reduce oven temperature to 325°. Press the mixture firmly and evenly into the prepared baking pan (if mixture is too sticky, use wet hands to press into pan). Bake for 25 to 30 minutes or until edges are lightly browned. Cool in pan on a wire rack. Use the foil to lift bars from pan. Cut into bars.\* Store covered at room temperature for up to 5 days or wrap squares individually in plastic wrap and freeze for up to 3 months. Makes 24 bars.

\* For a crispier granola bar, place cooled and cut bars onto a baking sheet. Bake in a 325° oven about 12 minutes or until lightly browned; cool.