

GRANOLA BARS

WITH ALMONDS

Oats, almonds, sunflower seeds, raisins and wheat germ with cinnamon and molasses

SUPERFOOD

Portion: 2 oz

Yields: 16



CALORIES (kcal): 230

PROTEIN (g): 6

CARBOHYDRATE (g): 36.5

TOTAL FAT (g): 7.9

SODIUM (mg): 8.3

SAT FAT (g): 0.8

DIETARY FIBER (g): 4

INGREDIENTS:

5 cups	Old Fashioned Oatmeal Cereal, Dry	1/2 cup	Dark Molasses
3/4 cups	Sunflower Seeds	1/2 cup	Light Brown Sugar
3/4 cups	Almonds, Sliced or Slivered	1 tsp	Pure Vanilla Extract
1/2 cup	Wheat Germ	1 tsp	Ground Cinnamon
3/4 cup	Golden Raisins	4 spray	Cooking Spray, Pan Coating

METHOD:

Preheat oven to 300F degrees. Place rolled oats, sunflower seeds, sliced almonds and wheat germ on a pan and roast for 15- 20 minutes until golden brown and fragrant.

Remove from oven and place into a bowl. Place half amount of raisins in food processor until ground and sticky.

Add all raisins to bowl with oatmeal and seed mixture and mix to combine evenly.

Melt sugar and combine

Place molasses and brown sugar into a pot and bring to a simmer, stir to melt the sugar. Remove from heat and add vanilla extract and cinnamon. While still hot, pour into the bowl with the oats. Stir until well combined, using a spatula. Spray a pan (8"x12") with oil to prevent sticking and pour the granola mixture into the pan. Press firmly to smooth out and even the top. Using a piece of parchment/wax paper in between your hands and the granola is helpful. When cooled, flip out the granola onto a cutting board and cut into 2 oz squares, about 4x4.

CHEF'S NOTES:

Substitute in any dried fruit. Grinding the fruit helps with binding. Molasses can be substituted with any honey or maple syrup.