

Recipe

Chewy Granola Bars

By

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Ingredients

2 ¼ cups quick oats
½ cup whole wheat pastry flour*
¼ cup wheat germs
½ tsp baking soda
½ tsp vanilla extract
½ cup butter, melted
¼ cup honey
¼ cup brown sugar
½ cup nuts
¼ cup cranberries
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
1 tbsp flaxseed meal, optional

Preparation

Heat oven to 325F. Grease a 9 x 9 inch pan. Mix all ingredients in a medium bowl. Press firmly into pan. Bake for 20 to 22 minutes.

*I prefer to use rye or whole wheat pastry flour. All purpose flour will do.

***Granola bars are great for breakfast and snack. These bars are low-fat and loaded with fiber.

Serves

16

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