

Serves 24 bars

MIXED FRUIT GRANOLA BARS

Ingredients

2 cup rolled oats
 ¾ cup brown sugar
 ½ cup wheat germ
 ¾ tsp ground cinnamon
 1 cup wholemeal flour
 ¾ cup dried mixed fruit
 ¾ tsp salt
 ½ cup honey
 1 egg, beaten
 ½ cup canola oil
 2 tsp vanilla essence

Method

1. Preheat the oven to 175 degrees Celsius. Grease a 9x13 inch baking pan.
2. Mix oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt together in a large bowl.
3. Make a well in the centre, and pour in the honey, egg, oil and vanilla essence. Mix well and pat the mixture evenly into the greased baking pan.
4. Bake for 30-35 minutes until the bars begin to turn golden at the edges.
5. Cool for 5 minutes then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

by **Janie Chua**, Senior Dietitian - Clinical Services,
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Nutrition Information (Per Serving)

Energy	162Kcal
Protein	3g
Fat	5g
Saturated fat	0.6g
Cholesterol	7mg
Carbohydrate	26g
*Carbohydrate exchange	~1.5 exchanges
Dietary fibre	2.4g
Sodium	71mg



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