

Names:

Food Science ____/20 points

Incredible Granola Bars

- **Prep Time:** 15 mins
- **Total Time:** 40 mins
- **Yield:** 8 bars

Source: www.food.com

About This Recipe

A healthy, chewy, sweet and salty vegan blend of oats, honey, and dried fruit.

Ingredients

Whole Recipe	Calories	Total Carbs	Dietary Fiber	Sugars
1 ½ c rolled oats				
½ c oat bran				
½ c brown sugar				
¼ c sunflower oil				
¼ c honey				
1 t salt				
1 ¼ c dried fruit ** Extra space provided if you use more than 1 type of dried fruit				
Totals:				

Directions

1. Mix all ingredients thoroughly and press into an 9 inch square sprayed with non-stick cooking spray
2. Bake for 20-25 minutes at 350 degrees.
3. Allow to cool before cutting into bars.

Note: Will keep for weeks stored in airtight container in fridge; freezes well.

Divide the total calories by the number of servings in the recipe to determine the total amounts for ONE serving:

Nutrition Facts

Serving Size: 1 (65 g)

Servings Per Recipe: 8

Amount Per Serving

Calories	calories
Total Carbohydrates	g
Dietary Fiber	g
Sugars	g

Is this recipe a good source of fiber? Explain.