

CUT 

Granola Bars



Where service *and savings* matter.

YIELD: 24 bars

INGREDIENTS:

- 2 ¼ cups old fashioned oats
- ¾ cup flaked coconut
- ¾ cup chopped peanuts
- 4 Tbsp Land 'O Lakes light butter
- ¼ cup Food Club light brown sugar
- ¼ cup Food Club honey
- 1 ½ tsp vanilla extract
- ¼ cup wheat germ
- ½ cup raisins or other dried fruit

NUTRITIONALS

Nutritional analysis per serving:
 calories 110, calories from fat 40,
 total fat 4.5g, saturated fat 1.5g,
 cholesterol 5mg, sodium 25mg, total
 carbohydrate 16g, dietary fiber 1g,
 sugars 9g, protein 3g, vitamin A 2%,
 vitamin C 0%, calcium 2%, iron 4%

*Nutritional analysis per serving:
 calories 100, calories from fat 35,
 total fat 4g, saturated fat 1g,
 cholesterol 5mg, sodium 20mg, total
 carbohydrate 16g, dietary fiber 2g,
 sugars 8g, protein 3g, vitamin A 2%,
 vitamin C 0%, calcium 2%, iron 4%

*nutritional analysis for whole grain
 shredded wheat cereal in place of
 coconut

Tip: If desired, substitute ¾ cup crushed whole grain
 shredded wheat cereal or crushed whole grain cereal
 flakes (such as Total) for coconut. If omit coconut, add ½
 tsp coconut extract along with vanilla extract.

DIRECTIONS:

1. Preheat oven to 300 degrees.
2. Stir together oats, coconut and peanuts in a 9 x 9-inch pan that has been sprayed with non-stick cooking spray. Bake at 300 degrees for 20 minutes, tossing occasionally.
3. In a medium saucepan, stir together butter, sugar and honey. Heat over medium heat until butter melts. Remove from heat and stir in vanilla.
4. Increase oven temperature to 350 degrees. Drizzle butter mixture over oats. Add wheat germ and toss well. Bake 5 minutes. Add raisins, tossing evenly.
5. Press mixture into pan and bake 5 minutes. Let cool in pan. Cut into 24 pieces.

Source: Peanut Advisory Board

FOLD

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