

Nutty Fruit Granola Bar
Prepared on Rogers Daytime Summer 2013

Yield: 12 servings

Cook Time: 30 minutes at 350°F

Ingredients:

¼ cup margarine

½ cup brown sugar

½ cup unsweetened applesauce

1 egg

1 tsp vanilla

1 ½ cup quick oats

1 cup whole wheat flour

½ tsp baking soda

½ tsp baking powder

1 tsp cinnamon

½ cup mixed dried fruit (e.g., raisins, craisins, chopped dried apricots)

½ cup mixed nuts and seeds (e.g., slivered almonds, sunflower seeds, pumpkin seeds)

Instructions:

1. Preheat oven to 350°F.
2. Beat margarine and brown sugar together.
3. Mix in applesauce, egg, and vanilla.
4. Mix all dry ingredients together in a separate bowl.
5. Fold in wet ingredients.
6. Press into 9x13 pan lined with parchment paper.
7. Bake in 350°F oven for 30 minutes.