

Honey Granola Squares

Kids will enjoy the mixing and measuring activities in this recipe.
Parents should handle heating the honey.

- Makes 9 servings -



Ingredients

3 cups low-fat granola
3/4 cup dried fruit (apples, apricots, cherries, cranberries or pears), finely chopped
1/2 cup honey
1/4 cup vegetable oil
3/4 teaspoon vanilla extract
3 egg whites, lightly beaten

Directions

In a large bowl, mix together granola and dried fruit. In a small saucepan, heat honey, oil and vanilla over medium heat, stirring until honey is dissolved. Pour honey mixture over granola and mix

until thoroughly coated. Pour egg whites over granola mixture; mix well. Pack mixture firmly into an 8-inch square nonstick baking pan. Bake at 325°F for 40 minutes or until deep golden brown. Place pan on a cooling rack; cool completely before cutting into squares, approximately 2-1/2-inches each.

Nutritional Information Per Serving (1 square)

*Protein: 4.54 g Fat Total: 8.13 g Sodium: 81.6 mg
Carbohydrates: 48.1 g Calories from Fat: 26% Cholesterol: 0 mg
Calories: 265 Dietary Fiber: 2.55 g*

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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