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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

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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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