

Honey Cherry Granola Bars

- Makes 12 to 16 bars -



Ingredients

1/3 cup pure honey
1/4 cup butter, melted
3 egg whites
1 teaspoon cinnamon
1/2 teaspoon almond flavoring
3 cups low-fat granola
1/2 cup almonds, coarsely chopped
3/4 cup dried cherries

Directions

Preheat oven to 350°F. Whisk together honey, butter, egg whites,

cinnamon and almond flavoring. Stir in granola, almonds and cherries. Spoon granola mixture into 9-inch, nonstick (or well greased) square pan. Using a piece of wax paper, firmly press granola mixture in pan. Bake 20 to 25 minutes or until lightly browned. Remove pan from oven and place on a cooling rack. Cool completely; cut into bars.

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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