

## Apple & Raisin Granola Bars

Preparation time	<b>10 minutes</b>
Cooking time	<b>30 minutes</b>
Servings	<b>14</b>
Cost per serving	<b>31¢</b>
Storage	<b>4 days in the fridge. Can be frozen.</b>

**Kitchen tools**    **Measuring cups and spoons, vegetable peeler or small sharp knife, grater, cutting board, sharp knife, 8-inch square baking dish, parchment paper (or oil), wooden spoon, large bowl**



**Because this recipe contains honey, do not serve to children under the age of 1.**

## Ingredients



375 ml (1½ cup) quick cooking **rolled oats**

*OR CORN FLAKES*



175 ml (¾ cup) **bran flakes**, lightly crushed with your hands



60 ml (¼ cup) **all-purpose flour**

*OR ANY OTHER DRIED FRUIT*



125 ml (½ cup) **raisins**, chopped



**2 eggs**



80 ml (⅓ cup) **honey**



1 **apple**, peeled and grated

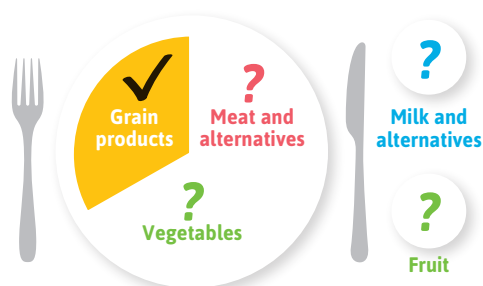


5 ml (1 tsp) **vanilla**



1 ml (¼ tsp) **salt**






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### Balanced plate

✓ Delicious served with a glass of milk or fortified soy beverage

# Directions

<p>1</p>	<p>Place oven rack in the middle position and preheat the oven to 180 °C (350 °F). Oil an 8-inch square baking dish or cover with parchment paper.</p>	
<p>2</p>	<p>In a large bowl, combine <b>all the ingredients</b> and mix until the preparation has a smooth and even texture. <b>Variation:</b> You can use chocolate chips instead of raisins.</p>	
<p>3</p>	<p>Pour the preparation into the baking dish and spread evenly with the back of a spoon.</p>	
<p>4</p>	<p>Bake for 30 minutes, or until the bars are lightly golden on top.</p>	
<p>5</p>	<p>Allow to cool before cutting into 14 bars (2 x 7).</p>	

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition