

# Granola Bars

Recipe By *Dining In*



Cooking and Prep:  45  
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Serves:  18

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,

Low Fat

Source: Dining In

Why make granola bars rather than buy them? No preservatives, no hydrogenated oils, no white flour....You'd be surprised what they put into those supposedly "healthy" commercially produced bars.

## Ingredients (10)

### Main ingredients

- 3/4 cup golden raisins
- 3/4 cup **Gefen Dried Cranberries**
- 3/4 cup **Gefen Honey**
- 1/4 cup light molasses
- 3 tablespoons canola oil
- 1/4 cup light corn syrup

- 1/4 cup water
  - 1 teaspoon cinnamon
  - 4 cups quick cooking oats
  - 3 tablespoons wheat germ
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## Start Cooking

### Prepare the Granola Bars

1. Preheat oven to 325 degrees Fahrenheit.
2. Mix first six ingredients in a large pot. Cook for one minute. Pour in rest of ingredients and stir well to blend completely.
3. Shape into bars by hand and place on a 10- by 15-inch cookie sheet. Bake for 30 minutes.
4. Remove from oven and let cool. Bars will crisp as they cool.

### Credits

Photography and Styling by Chavi Feldman