

## Playgroup Granola Bars

### Ingredients:

2 cups rolled oats  
½ cup packed brown sugar  
½ cup wheat germ  
¾ tsp ground cinnamon  
½ cup all-purpose flour  
½ cup whole wheat flour  
½ cup raisins, chopped  
¾ tsp salt  
½ cup honey  
1 egg, beaten  
½ cup canola oil  
2 tsp vanilla extract

### Directions:

1. Preheat oven to 350°F. Generously spray 9-inch square pan with nonstick cooking spray.
2. In large bowl, mix together oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center and pour in the honey, egg, oil and vanilla. Mix well. Using your hands, pat the mixture evenly into the prepared pan.
3. Bake for 30 to 35 minutes in preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Allow them to cool completely and wrap individually in plastic wrap. Put in freezer bag for ready-to-eat snacks or lunch box treats.

Yield: 24 bars

Tip: You can use ¼ cup wheat germ and ¼ cup ground flaxseed if desired, as substitute for ½ cup wheat germ.

Nutritional analysis per serving: calories 150, calories from fat 50, total fat 6g, saturated fat 0g, trans fat 0g, cholesterol 10g, sodium 80g, total carbohydrate 22g, dietary fiber 2g, sugars 13g, protein 3g, vitamin A 0%, vitamin C 0%, calcium 2%, iron 4%

