

# COCONUT & DRIED FRUIT GRANOLA BARS

## INGREDIENTS

- 2 C Oatmeal (1 minute type)
- 1 C Almonds (sliced)
- 1 C Coconut (shredded) (loosely packed)
- 1/2 C Wheat germ (toasted)
- 3 T Earth Balance margarine
- 2/3 C Honey
- 1/4 C Sugar substitute
- 1 1/2 t Vanilla
- 1/4 t Kosher Salt (1/8 t if the margarine is salted)
- 1/2 C Dates (pitted) (chopped)
- 1/2 C Apricots (dried) (chopped)
- 1/2 C Cranberries (dried)
- Non-stick cooking spray

Pareve



## DIRECTIONS

- 1 Preheat oven to 350 F & spray 8" X 12" baking dish or line it with parchment paper
- 2 Toss the oatmeal, almonds & coconut together & place the ingredients on a sheet pan
- 3 Bake for 10 - 12 minutes stirring to make sure all sides are lightly browned
- 4 Place mix in a dept wide bowl & stir in the wheat germ
- 5 Reduce oven to 300 F
- 6 Place butter, honey, sugar, vanilla & salt in a small saucepan.
- 7 Bring to a boil using a medium heat
- 8 Cook & stir for a minute & then pour over the totasted oatmeal mix
- 9 Add the dried fruit & stir well
- 10 Pour the mix into the prepared baking dish
- 11 Wet your finger & lightly press the mix evenly into the pan
- 12 Bake for 25 - 30 minutes or until golden brown
- 13 Cool for at least 2-3 hours before cutting into squares
- 14 Serve at room temperature

## NOTES

- 1 Original recipe called for brown sugar instead of the sugar substitute
- 2 Freezes well

Unsweetened

Sweetened

