



### Chewy Granola Bars

#### Ingredients

- 2 ½ cups rolled oats, old-fashioned or quick
- ½ cup chopped nuts
- ¾ cup firmly packed brown sugar
- ½ cup seedless raisins or dried fruit, chopped
- 2 eggs
- 4 Tablespoons butter or margarine, melted
- 1 teaspoon vanilla extract

#### Equipment

- Mixing bowl and spoon
- Measuring cups and spoons
- Baking pan, 9"x9"

#### Directions

1. Preheat oven to 350 degrees F. Lightly coat the baking pan with non-stick cooking spray.
2. In bowl, combine oats, nuts, brown sugar, and raisins or dried fruit.
3. Stir in eggs, butter, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 25-30 minutes. Cool for 10 minutes. Cut into bars.

Yields about 12 bars

Source: Adapted from 4-H Cooking 101

Nutrition Facts		
Serving Size 1 Bar		
Servings Per Recipe 24		
Amount Per Serving		
Calories	120	Calories from Fat 40
% Daily Value *		
<b>Total Fat</b>	<b>4.5g</b>	7%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Cholesterol</b>	<b>20mg</b>	7%
<b>Sodium</b>	<b>5mg</b>	0%
<b>Total Carbohydrate</b>	<b>17g</b>	6%
Dietary Fiber	2g	8%
Sugars	8g	
<b>Protein</b>	<b>2g</b>	
Vitamin A	2%	Vitamin C 0%
Calcium	2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
33% calories from fat Nutrition facts using unsalted, dry roasted mixed nuts with peanuts, unsalted butter.		

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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