



Bars - Granola

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	fruit, dried (i.e. raisins, cranberries, dates)	750 mL
2 cups	water, boiling	500 mL
1 ½ cups	brown sugar	375 mL
1 ½ cups	margarine/butter, melted or vegetable oil	375 mL
¼ cup	molasses	60 mL
6 cups	large flake oats	1.5 L
3 cups	whole wheat flour	750 mL
3 tsp	cinnamon, ground	15 mL
¾ tsp	baking powder	4 mL
Optional:		
3 cups	coconut, unsweetened	750 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Place dried fruit in food processor. Pour in boiling water. Allow to sit for 10 minutes and then purée. Add molasses and butter.
3. Meanwhile, combine dry ingredients in a large bowl.
4. Add flour mixture to wet ingredients. Stir until just combined. (Add small amount of milk if additional liquid is required).
5. Line two 9 X 13 inch (3.5 L) rectangular baking pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
6. Divide batter and press into pans with a fork.
7. Bake for 25 minutes until slightly golden.

Note: Divide each pan into 40 equal portions. Extra bars can be frozen.

Nutrition Information	
Serving 30 g Bar	
Calories	120
Fat	4 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	55 mg
Carbohydrates	17 g
	Fibre 2 g
	Sugars 4 g
Protein	2 g
	Calcium 20 mg
	Iron 1 mg

Food Guide Servings
½ Grain Product