

Michigan Granola Bar

Plymouth-Canton Ed. Park



Ingredients

1 ½ c. of quick cooking
Michigan cereal grains
(quinoa, barley, steel cut oats)
2 c. quick or instant oats
1/3 c. honey
2 Tbsp. unsalted butter
1/3 c. brown sugar
¼ c. sugar , beet preferred
2 tsp. vanilla
½ tsp. mint oil
1 tsp. kosher salt
½ c. dried cherries
¼ c. dried apricots, chopped
½ c. almonds, chopped
½ c. popped popcorn or
sorghum
4 oz. chocolate chips

Directions

Toast cereal grains and quick oats in a 375 degree oven for 10 minutes or lightly browned.
In a small saucepan over low heat, combine sugars, butter and honey. When the sugar dissolves add the vanilla and ½ tsp mint oil, remove from heat. In a large bowl combine toasted grains, fruits, nuts and popped corn. Pour the melted syrup over and toss to coat. Press into a greased 13x9" pan, cover with plastic wrap or waxed paper, weight down with another pan. Chill for 1-2 hours. Cut into bars.
Melt Chocolate chips in the microwave, stir in ½ tsp. mint oil, drizzle over bars.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings16

242

6g

2g

4mg

152mg

47g

5g

4g