

GRANOLA FRUIT SQUARES

Back to School Bars

Oats are high in fiber, but some of those store-bought bars can be more sugar than nutrition. These home-made fruit and nut squares are essential school supplies. A healthy combination of whole grain oats, nuts and flax seeds pack fiber, protein and alpha-linolenic acid, an essential omega-3 fatty acid. Fresh blueberries and an assortment of dried fruits add a touch of sweetness and colorful variety to start the school year off right.

Makes approximately 16 squares.

Per serving: 198 calories, 10 g total fat (1 g saturated fat), 25 g carbohydrate, 5 g protein, 3 g dietary fiber, 77 mg sodium.

INGREDIENTS

1 cup old-fashioned oats or quick oats, uncooked (not instant)	1/2 tsp. baking powder
1/4 cup almonds	1/4 tsp. salt
1/4 cup walnuts	1/4 cup canola oil
1 Tbsp. flax seeds	1/4 cup honey, softened by placing the jar in a pan of water over low heat
1/2 cup whole-wheat flour	1/4 cup brown sugar
1 tsp. ground cinnamon	

Prep Time: 15 minutes (+1 hour in fridge)

DIRECTIONS

Preheat oven to 350 degrees.

Line 9-inch square baking dish with aluminum foil and leave 2-inches of foil hanging over edges.

In large nonstick skillet over medium heat stir oats, nuts and seeds and toast for 6-8 minutes.

Set aside to cool. When cool, in food processor, pulse mixture until coarse. Avoid making the mixture too fine.

In mixing bowl combine flour, cinnamon, baking powder and salt. Whisk until blended. Set aside.

In another mixing bowl combine oil, honey, sugar, vanilla and eggs and mix well. Stir in flour mixture until just combined. Gently add oat mixture, fresh blueberries and dried fruit.

Lightly coat baking dish with cooking spray. Pour granola batter into dish and spread evenly.

Bake until mixture is set, about 25 to 28 minutes. Remove from oven and allow to completely cool. Use overhanging foil to lift granola slab from baking dish to cutting board. Cut into

