

Granola Fruit Squares

American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23059&news_iv_ctrl=2901

Ingredients

- 1 cup old-fashioned or quick oats, uncooked (not instant)
- 1/4 cup each almonds and walnuts
- 1 Tbsp. flax seeds
- 1/2 cup whole wheat flour
- 1 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 cup canola oil
- 1/4 cup honey
- 1/4 cup brown sugar
- 1/2 tsp. vanilla
- 2 eggs
- 1/2 cup fresh blueberries
- 1/2 cup combination raisins, dried cranberries and dried cherries

Instructions

1. Preheat oven to 350 degrees.
2. Line 9-inch square baking dish with aluminum foil and leave 2-inches of foil hanging over edges.
3. 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.
4. In mixing bowl combine flour, cinnamon, baking powder and salt. Whisk until blended. Set aside.
5. 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.
6. 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 desired size bars.

Makes approx. 16 squares

Nutrition information per serving

Calories: 198	Dietary Fiber: 3 g
Total Fat: 10 g	Sodium: 77 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 25 g



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