

Oat and berry granola bars

Yield: 8 servings
Prep time: 7 minutes
Cook time: 30 minutes

These tasty treats are perfect for snacks and a super-easy way to introduce your child to the kitchen. Use this recipe for an easy lunch snack for students, made from the goodness of grains.

Ingredients

- 1 1/4 cups quick oats
- 1/4 cup unsalted butter
- 1/4 cup creamed honey
- 1/4 cup packed brown sugar
- 3/4 cup rice cereal
- 2 tbsp chopped berries (raspberries, blueberries, strawberries)
- 2 tbsp flax seeds

Directions

1. Heat a large non-stick frying pan over medium high.
2. Add quick oats, stirring often, until browned, or roughly 4 to 5 minutes. Set aside.
3. Stir unsalted butter, creamed honey and packed brown sugar in a large saucepan set over medium-high. Bring to a boil, stirring until sugar dissolves. Remove from heat, stir in oats, rice cereal, chopped berries and flax seeds until combined.
4. Scrape into a greased 8x8 inch baking dish.
5. Smooth top and refrigerate for 30 minutes or until at room temperature. Cut into bars, let stand at room temperature 5 min before serving. Refrigerate for up to 1 week.

GrainFact:

Oats naturally contain unique antioxidant compounds that are good for our dry skin.



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