

Granola Bars

Yield: 7 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/granola-bars-indian-recipe>

Ingredients:

- 2 cups old fashioned oatmeal
- 1 cup sliced almonds
- 1 cup shredded coconut loosely packed, I used unsweetened
- 1/2 cup toasted wheat germ
- 2/3 cup honey
- 1 1/2 teaspoons pure vanilla extract
- 1/4 teaspoon kosher salt
- 1 1/2 cups dried fruit or a mix of dried fruit, I used chopped apricots, cranberries and raisins

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 94 grams
3. Fat: 12 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 190 milligrams
8. Sugar: 61 grams

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