

Healthy Granola Bar

Yield: 9 min
Total Time: 50 min

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

Ingredients:

- 3 1/2 cups old fashioned oats
- 1/2 cup Puffed Rice Cereal
- 1/4 cup whole wheat flour
- 1/2 cup shredded coconut toasted
- 1/3 cup light brown sugar
- 1/2 teaspoon kosher salt
- 1 cup dried blueberries
- 1/2 cup coconut oil melted
- 1/2 cup honey
- 1 1/2 teaspoons coconut extract
- 1/2 teaspoon vanilla extract
- 1/4 slivered almonds optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 74 grams
3. Fat: 17 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 13 grams
7. Sodium: 320 milligrams
8. Sugar: 27 grams

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