

Soft Granola Bars

21 servings

Avoid snacking just to snack. If you are eating because you are bored, tired, stressed, or frustrated, try taking a walk, calling a friend, or playing with your kids.

- 2 eggs
- 1 cup brown sugar
- 1 cup vegetable oil
- 2 cups regular oatmeal
- 1 1/2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 cup raisins or chopped dates
- 1 1/2 teaspoons ground cloves
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 1 cup nuts
- 1/4 cup honey



1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray a 15 1/2 x 10 1/2-inch jelly roll pan with non-stick cooking spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add brown sugar and vegetable oil, stirring until smooth.
4. Stir in remaining ingredients, except honey.
5. Spread into prepared pan.
6. Bake 17 to 22 minutes or until done. Cool.
7. In a small saucepan over medium heat, cook honey until heated through, stirring constantly. Drizzle honey on top of granola bars.

Nutrition Information per Serving: (1/21 of recipe) Calories 230, Total Fat 12g, Saturated Fat 1.5g, Cholesterol 25mg, Sodium 105mg, Total Carbohydrate 31g, Dietary Fiber 2g, Sugars 14g, Protein 3g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 6%.