



CRANBERRY OAT SOFT-BAKED GRANOLA BARS

ingredients:

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| Vegetable oil cooking spray | 1 medium ripe banana, mashed |
| 2 cups old-fashioned rolled oats | 1/2 cup fat-free milk |
| 3/4 cup low-fat granola | 1/2 cup dark brown sugar, packed |
| 3 Tablespoons white whole-wheat flour | 1 egg |
| 1 teaspoon ground cinnamon | 1 teaspoon vanilla extract |
| 1 teaspoon baking powder | 3/4 cup dried cranberries |
| 3/4 teaspoon salt | 3/4 cup pecan halves, chopped |

directions:

1. Preheat oven to 350 degrees. Spray a 9-by-13-inch pan with cooking spray; set aside.
2. In a large bowl combine oats, granola, flour, cinnamon, baking powder, and salt.
3. In a separate bowl, mash banana and whisk together with milk, brown sugar, egg, and vanilla. Fold in cranberries and pecans.
4. Combine dry and wet ingredients. Press mixture evenly into pan and bake 25 to 30 minutes, or until lightly brown.
5. Remove from oven, allow to cool and cut into 16 bars.

Yield: 16 servings

Nutrition Information Per Serving:

151 Calories
5 grams Fat
1 gram Saturated Fat
1 mg Cholesterol
160 mg Sodium
27 grams Carbohydrates
3 grams Fiber
3 grams Protein

Food exchanges:
2 bread, 1/2 fruit, 1 fat



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