THE J.M. SMUCKER Co

Pack & Go Granola Bars

Prep Time	Cook Time	Serves	Difficulty
20 mins	25 mins	21	N/A

Ingredients

- 1 cup (250 mL) softened butter
- 1 cup (250 mL) packed brown sugar
- 1/2 cup (125 mL) corn syrup
- 3 cups (750 mL) **Robin Hood®** Oats
- 1 cup (250 mL) **Five Roses®** All Purpose Bleached White Flour

  All Purpose Bleached White Flour

- 1/2 tsp (2 mL) baking soda
- 1 tsp (5 mL) ground cinnamon
- 1 cup (250 mL) crisp rice cereal
- 3/4 cup (175 mL) dried cranberries
- 3/4 cup (175 mL) semi-sweet chocolate chips
- 3/4 cup (175 mL) chopped dried apricots
- 1/4 cup (50 mL) each sunflower, flax and sesame seeds

Directions

Step 1:

Preheat oven to 350°F (180°C). Line a 15"x10"x1" (37cm x 25 cm x 2.5 cm) jellyroll pan with parchment paper.

Step 2:

Heat, in a small saucepan over medium heat, butter and brown sugar together, stirring until smooth. Stir in corn syrup.

Step 3:

Combine, in a large bowl, remaining ingredients. Pour sugar mixture on top. Mix well, until all ingredients are moistened. Press firmly into prepared pan.

Step 4:

Bake in preheated oven for 20 to 25 minutes, or until light golden. Cool completely then cut into bars.

Replace **Five Roses** All Purpose Bleached White Flour with **Five Roses** All Purpose Whole Wheat Flour.

Under-bake for a chewy texture. Bake longer for crisper bars.

Vary the dried fruit, chocolate chips and seeds to suit your own tastes, keeping the total amount the same as in the recipe.

Images

