



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

