



DESCRIPTION

Hungry for a crunchy tasty treat? Then learn how to make some delicious granola bars.

INGREDIENTS

- 2 cups oats
- 1/2 cup sunflower seeds
- 1 cup sliced almonds
- 1/2 cup wheat germ
- 1/2 cup honey
- 1 tbsp butter
- 1 tsp vanilla extract
- 1/4 cup dark brown sugar (packed)
- 2 cups of your favorite dried fruit

TOOLS

- 9x9 inch glass baking dish
- baking pan
- medium saucepan
- metal measuring cup

DIRECTIONS

1. Preheat oven to 350 degrees. Butter a 9x9 inch glass baking dish and set aside. Spread 2 cups oats, 1/2 cup sunflower seeds, 1 cup sliced almonds and 1/2 cup wheat germ on a baking pan. Place in the oven and toast for 15 minutes, stirring occasionally with a long spatula or wooden spoon. Once the oat mixture is toasted, remove it from the oven and reduce the oven temperature to 300 degrees.
2. Combine 1/2 cup honey, 1/4 cup packed dark brown sugar, 1 T butter and 2 tsp vanilla extract in a medium saucepan.
3. Place over medium heat. Cook until the brown sugar has completely dissolved.
4. When sugar is dissolved, add some butter and keep stirring until it's completely melted.
5. Turn off the stove and add vanilla.
6. Add the oat mixture to the sugar mixture.
7. Add 2 cups of a combination of your favorite dried fruit: cranberries, blueberries, raisins, chopped apricots, chopped peaches, chopped mango, etc... and stir to combine.
8. Pour mixture into the prepared baking dish.
9. Lightly grease the bottom of a metal measuring cup and use it to press down firmly and evenly over the entire pan. This will help to make sure that the mixture is distributed evenly in the pan and also to help the mixture not crumble apart after it bakes.

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COOKING

GRANOLA BARS

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10. Once the mixture is spread and pressed evenly, if you want, you can sprinkle 1/2 cup mini chocolate chips on top. Bake at 300 degrees for 25 minutes.
11. Remove and allow to cool COMPLETELY! If you don't let the pan cool completely, your bars will crumble when you cut them.
12. When the entire pan is completely cool, cut into squares.
13. They're ready to eat! Be sure to store leftovers in an airtight container for up to a week.

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