

Granola Bars

Makes 48 bars

Preheat: 325

Ingredients

3 cups oats

1 cup soy nuts

1 cup raisins

1 cup dried cranberries

1 cup sunflower seeds, shelled

1 tsp ground cinnamon

1 can fat free sweetened condensed milk, 14oz

½ stick butter melted

Don't like cranberries? Don't like soy nuts? Use your imagination! Substitute peanuts, chocolate or butterscotch chips, or any type of dried fruit!

Method of preparation

Spray cookie sheet with non-stick spray

In a bowl combine all ingredients and mix well

Place mixture into prepared pan and push into an even level make sure to get into the corners!

Bake for 30-35 min or until turns golden brown

Cool for 3-5 minutes and then cut

Remove from pan to cooling rack – don't wait too long or bars may stick!

Store in an airtight container

Per bar: 98 calories, 3 grams protein, 3 grams fat