

## Granola Bars



### Ingredients

- 2 cups rolled oats
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{2}$  cup Rice Bran (can leave out but makes less crumbly)
- $\frac{3}{4}$  teaspoon cinnamon
- 1 cup GF Flour Mix
- $\frac{3}{4}$  cup raisins (optional/can also use dried cranberries)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup honey
- 1 egg, beaten
- $\frac{1}{2}$  cup vegetable oil
- 2 teaspoons vanilla extract

### Directions

1. Preheat oven to 350 degrees F. Generously grease a 9x13 inch baking pan.
2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins, and salt.
3. Make a well in the center, and pour in the honey, egg, oil, and vanilla. Mix well using your hands.
4. Pat the mixture evenly into the prepared pan. Bake for 15 to 20 minutes in the preheated oven, until the bars turn golden at the edges.
5. Cool for 5 minutes. Then cut into bars while still warm. Do not allow the bars to cool completely before cutting or they will be too hard to cut.

My oldest daughter got this from a friend at UNL. It is my favorite choice to take to early morning IEP meetings.

<http://www.lincolntent.com/GFCF-Breakfast.html>