

# Cranberry Granola Bars

## Ingredients:

- ½ c. honey
- 2 Tbsp. + 2 tsp. brown sugar, packed
- 1 Tbsp. + 1 tsp. oil
- 1½ c. oatmeal oats, quick (uncooked)
- 1¼ c. toasted rice cereal
- 1¼ c. dried cranberries

Featured in:

“Steps to Healthy, Economical Meals”

[www.ag.ndsu.edu/pubs](http://www.ag.ndsu.edu/pubs)

## Directions:

- Preheat oven to 350 F. Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed. Mix oats, rice cereal and cranberries. Add honey mixture and stir until thoroughly combined. Pat firmly into an 8-by-8-inch baking pan. Bake for 15 minutes; press firmly into the bottom of the pan once more. Bake five more minutes. Cool completely. Refrigerate at least one hour for easier cutting.

*Makes 16 servings. Per serving: 128 calories, 1 grams (g) fat, 27 g carbohydrate and 20 mg sodium.*

**NDSU** EXTENSION  
SERVICE