

Granola Bars III

Absolutely delicious! Granola bars with honey, nuts and raisins. These make a great snack!

Recipe by [Joshua Henry](#) | Created on **Nov 14, 2021**

Ingredients

- 2 cups quick cooking oats
- 1 cup all-purpose flour
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup wheat germ
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup chopped English walnuts
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup honey
- 1 egg
- 2 teaspoons vanilla extract

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with aluminum foil or parchment paper, and spray with vegetable oil spray.
- In a large bowl, stir together oats, flour, brown sugar, raisins, wheat germ, salt, cinnamon, and walnuts. In a smaller bowl, thoroughly blend oil, honey, egg, and vanilla; pour into the flour mixture, and mix by hand until the liquid is evenly distributed. Press evenly into the prepared baking pan.
- Bake 25 to 30 minutes in the preheated oven, or until the edges are golden. Cool completely in pan before turning out onto a cutting board and cutting into bars.

Nutrition Facts

Serving: **1 - 9x13 inch pan** | Calories: **212.1 kcal** | Carbohydrates: **32.2 g** | Protein: **3.4 g** | Saturated fat: **1.1 g**
| Cholesterol: **9.3 mg** | Sodium: **66 mg** | Fiber: **1.8 g** | Sugar: **18.9 g**

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