

From Jean and Pat's Kitchen

Granola Bars

Date: 1996

From: Our Original

Ingredients:

½	cup	brown sugar
½	cup	peanut butter (chunky preferred)
½	cup	corn syrup
2	tsp	vanilla
2	cup	quick-cook oatmeal
1 ½	cup	Rice Krispies cereal

Instructions:

Mix brown sugar, peanut butter, and corn syrup over medium-low heat until soft and shiny and sugar is well dissolved. Reduce heat, and add remaining ingredients one at a time. While adding oatmeal and cereal, gently cut mixture together in mixing motion to keep final bars light.

Gently spread mixture into lightly buttered 9x13" baking pan.

Refrigerate for 1 to 2 hours, or until set.

Notes:

Feel free to add up to ½ cup total of your favorite munchies, including peanuts, sunflower seeds, coconut, crushed corn flakes, or sesame seeds.

A 5 quart sauce pan will hold up to a double batch.

Nutrition Information (approximate):

Serving size: 1 ¼ by 4 ½" bar

Servings per batch: 21

Calories per bar: 110

Fat per bar: 7 grams

Saturated fat per bar: 1 gram

As with many of our recipes, we started this one based on a recipe in the newspaper. The original recipe was difficult to make and resulted in break-your-jaw bars that were far too tough. We really wanted a simple granola bar recipe, so we started experimenting. After seventeen tries, this is what we ended up with.