



November 8- Cranberry Granola Square

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1550661>

Recipe

Ingredients:

- 2 ¼ cup old-fashioned oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon vanilla extract
- 5 Tablespoons unsweetened applesauce
- ¼ cup honey
- ½ cup brown sugar, packed
- ½ cup dried cranberries

Directions:

1. Preheat oven to 325°F and grease an 8" x 8" pan.
2. Combine dry ingredients.
3. Add vanilla, applesauce and honey; mix until ingredients are moist. Fold in cranberries.
4. Press mixture into prepared pan and bake 18-22 minutes.
5. Let cool. Cut into 9 squares.

Yields 9 servings

Nutrition Facts	
Serving Size 1 square (59.7g)	
Servings Per Container 9	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	13%
Sugars 21g	
Protein 3g	7%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	