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**Healthy Granola Energy Bars**

**Yield: 10 Source: Mrs. Robinson**

**Dry Ingredients: Moist Ingredients:**

2 c. old fashioned oats ¼ c. honey

¼ c. semi-sweet chocolate chips ½ c. peanut butter

¼ c. sweetened coconut shavings 1 t. vanilla

2 T. dried sweetened cranberries

1 t. cinnamon

½ t. nutmeg

¼ t. salt

**Preparation:**

1. Measure and combine all dry ingredients in a medium bowl.
2. Measure and combine all moist ingredients in a large bowl.
3. Add dry ingredients to moist ingredients. Mix thoroughly till dry ingredients are moistened.
4. Cut 8 – 10 squares of foil, 6” x 6”.
5. Spoon granola into the center of each piece of foil.
6. Carefully wrap foil around granola into a small square.
7. Put wrapped granola into a labeled plastic bag and refrigerate over night.

**Nutrition:**

 Calories 205.4

Total Fat 9.9g

 Sat. Fat 2.6g

 Poly Fat .4g

Mono .4g

Cholesterol 0

Sodium 119.4

Potassium 13 mg

Total Carbohydrate 26.9g

Dietary Fiber 2.7g

Sugars 12.8g

Protein 4.9g

Vitamin E 4.1%

Iron 6.5%

Niacin 8.2 %