



Honey Spiced Granola Bars

Oscar · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

50 mins

Description

A recipe I twiddled and tweaked to come up with It has a distinct taste of honey and the spices are allowed to shine through Sometimes I add some cocoa powder for that subtle taste Hope you like this its one of the first recipes I managed to really tweak up nicely

Ingredients

— - 1 cup quick-cooking oats - ½ cup raisins (Optional) - ¼ cup wheat germ - ¼ cup whole-wheat flour - ¼ cup all-purpose flour - 2 tablespoons unsweetened cocoa powder (Optional) - 1 ½ tablespoons brown sugar - 1 teaspoon ground cinnamon - 1 teaspoon ground ginger - ½ teaspoon ground allspice - ½ teaspoon salt - ½ cup applesauce - ? cup honey - 1 egg - 1 ½ teaspoons vanilla extract

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Line a 8x8-inch baking pan with parchment paper. Mix oats
2. raisins
3. wheat germ
4. whole-wheat flour
5. all-purpose flour
6. cocoa powder
7. brown sugar
8. cinnamon
9. ginger
10. allspice
11. and salt in a large bowl. Make a well in the middle. Whisk applesauce
12. honey
13. egg
14. and vanilla extract together in a separate bowl until combined; pour into well of dry ingredients. Stir with two spoons until fully incorporated. Pour and press batter into prepared baking pan. Bake in the preheated oven until firm
15. about 20 minutes. Remove from pan and cool for about 10 minutes before slicing into 12 pieces.