

Peanut-Butter Granola Bars

Prep: 10 minutes

Total: 90 minutes



These homemade versions of a favorite snack food are filled with healthy fruit and nuts and are very simple to make.

Ingredients

Makes 16

- 1 large egg white
- 1/2 cup old-fashioned oats
- 1/2 cup dried cranberries
- 1/2 cup sliced almonds
- 1/4 teaspoon salt
- 1/2 cup natural peanut butter or almond butter
- 1/2 cup light brown sugar
- 3 tablespoons vegetable oil
- 1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 300 degrees. Line an 8-inch square baking pan with 2 crisscrossed rectangles of parchment paper, leaving a 2-inch overhang at 2 opposite ends. In a large bowl, combine oats, almonds and cranberries.
2. In a small saucepan, whisk together oil, brown sugar, peanut butter, cinnamon, salt and 1 tablespoon water over low heat until sugar has dissolved, about 5 minutes. Let cool slightly; whisk in egg white. Pour over at mixture; stir until moistened. Spread evenly in bottom of pan; smooth top.
3. Bake until top is firm, about 30 minutes. Let cool 10 minutes. Lift out of pan, using paper as handles. Let cool completely, cut into bars with serrated knife.