

Betty's Healthy and Natural Granola Bars Recipe



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In this video, Betty demonstrates how to make Healthy and Natural Granola Bars. These granola bars have oats, nuts, brown sugar, honey, melted butter, and a sprinkling of salt--all natural ingredients--no additives that you find in commercial cereal bars. Betty also gives her philosophy of eating healthy foods.

Ingredients:

4 cups quick or old fashioned oats, uncooked

1 cup chopped nuts (I used 1/3 cup sliced almonds, 1/3 cup chopped pecans, and 1/3 cup English walnuts.)

1 cup firmly packed brown sugar

2/3 cup butter or margarine, melted

1/3 cup light corn syrup (You may use honey.)

1/2 teaspoon salt

cooking oil spray

Combine all ingredients in a large bowl, and mix well. Press into a 15 1/4-inch by 10 1/2-inch jelly roll pan that has been sprayed with cooking oil. Bake at 450 degrees for 8 to 10 minutes. (Mixture will be brown and bubbly. I cooked my granola bars 10 minutes in this demonstration, but they were a little over-brown; 8 minutes would have been better.) Cool. Cut into bars and serve on a serving plate or store in a sealed container for up to 2 weeks. They stay fresh for a very long time! These granola bars contain *only* healthy ingredients and are a great choice over a candy bar, which generally has no nutritional value! They taste great, also! I hope you get a chance to try them!!! --Betty