

## *Granola*

*Nancy Hildebrandt*

4 cups rolled oats  
2 tsp. cinnamon  
1-2 cups pecans  
Flax meal (optional)  
 $\frac{2}{3}$  cup honey

1  $\frac{1}{3}$  cups Splenda  
Maple syrup or low-fat syrup  
5 cups dried fruit and nuts  
(cranberries, raisins, dates,  
apricots, etc.)

Mix oats, cinnamon, pecans, and flax meal together in large bowl. Boil honey for 1 minute. Remove from heat and add Splenda. Stir into oat mixture. Add a few squirts of maple syrup or low-fat syrup to moisten. Bake at 300° for 1 hour. Stir every 15 minutes.

Add a total of 5 cups of dried fruits and nuts to mix.

## *Granola Bars*

*Megan Hildebrandt*

2 cups Rice Krispies  
2 cups old-fashioned oats  
 $\frac{1}{2}$  cup raisins or cranberries  
 $\frac{1}{2}$  cup sunflower seeds  
 $\frac{1}{2}$  cup peanuts

$\frac{1}{2}$  cup almonds  
 $\frac{1}{2}$  cup packed brown sugar  
 $\frac{1}{2}$  cup light corn syrup  
 $\frac{1}{2}$  cup peanut butter  
1 tsp. vanilla

Spray 9x13-inch pan with nonstick cooking spray. In medium saucepan, cook peanut butter, corn syrup, and brown sugar over medium heat for 3 to 5 minutes, until bubbly. Remove from heat and add vanilla.

Combine remaining ingredients. Pour peanut butter mixture over dry ingredients. Mix well. Press into pan. Let cool. Cut into squares. *Makes 24 servings.*