

Wholesome Granola Treats

Makes: 96 servings

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Ingredients	Weight	Measure
Granola, plain, lowfat	2 lbs	
Oats, quick or old-fashioned, uncooked		6 cups
Dried tart cherries		5 cups
All-purpose flour		3 cups
Almonds, slivered, toasted		2 cups
Cinnamon, ground		2 tsps
Egg whites, slightly beaten	12 each	
Honey		2 cups
Brown sugar, light, firmly packed		1 1/2 cups
Vegetable oil		1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	4.8 g	
Protein	3.4 g	
Carbohydrates	29.2 g	
Dietary Fiber	1.9 g	
Saturated Fat	0.6 g	
Sodium	23 mg	

Directions

1. Combine granola, oats, dried cherries, flour, almonds and cinnamon in a large mixing bowl.
2. Combine egg whites, honey, brown sugar and vegetable oil in a large bowl. Mix with whisk until well combined.
3. Add egg white mixture to the dry ingredients mixture. Beat on low speed until all ingredients are well coated,

about 1 minute.

4. Line 1 full sheet pan (26x18x1-in.) with aluminum foil. Spray foil with nonstick cooking spray. Bake in a 350 degrees F standard oven until golden brown, about 20 to 25 minutes.
5. Let cool in pan on wire rack. Remove from pan using foil to lift out. Cut 8x12. Store, lightly covered, at room temperature for up to 5 days.