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## Cinnamon Fruit-Nut Granola Bars

*By Susie Iventosch*

(Makes about 16 bars)

### INGREDIENTS

Dries  
3 1/2 cups oats (I used Old-Fashioned, but prefer Quick for making granola, and will use those next time)  
1/4 cup wheat germ  
1/4 cup sunflower seeds  
1/2 cup pecan pieces  
1/2 cup sliced almonds  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon cardamom  
1 cup fruit and nut mix (like your favorite trail mix, I used Trader Joe's Legendary Nut & Berry Mix)  
Syrup  
1/2 cup brown sugar  
1 cup honey (or agave, or half and half)  
2 teaspoons pure vanilla extract

### DIRECTIONS

Grease a 9-by-13 inch baking dish, or spray with cooking spray.  
Place all dries, spices and fruit in a large bowl. Toss to mix well.  
Heat honey, brown sugar and vanilla over medium heat, stirring occasionally, until brown sugar is completely dissolved. Remove from heat.  
Pour syrup over dries and toss to coat well. Pat into prepared pan and bake at 300 F for approximately 15 minutes, or until desired doneness.  
Remove from oven and cool for about 10 minutes before scoring into the size bars you want. Allow them to cool completely before removing the bars from the pan.

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

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