

# Honey Granola Squares

*Granola is not just for adding to your breakfast yogurt. Try making these Honey Granola Squares for a tasty way to start your day.*

Recipe Type: Breakfast, Cookie, Dessert, Snack

Degree of Difficulty: Moderately difficult

## Ingredients

3 cups low-fat granola  
½ cup honey  
¼ cup vegetable oil  
¾ tsp vanilla extract  
3 egg whites, lightly beaten  
2 ounces cranberries, dried  
2 oz apricot, dried  
2 ounces pears, dried



## Directions

- 1 In a large bowl, mix together the granola and dried fruits.
- 2 In a small saucepan, heat the honey, oil and vanilla over medium heat stirring until honey is dissolved.
- 3 Pour honey mixture over granola and mix together until thoroughly coated.
- 4 Pour egg whites over granola mixture and mix well.
- 5 Pack mixture firmly into an 8-inch square nonstick backing pan.
- 6 Bake at 325-degrees for 40 minutes or until deep golden brown.
- 7 Place pan on a cooling rack. Cool completely.
- 8 Cut into approximately 2-½ inch squares.

Oven Temperature: 325°F

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

## Nutrition Facts

Nutrition (per serving): 205 calories, 5.9g total fat, <1g saturated fat, 0mg cholesterol, 68.5mg sodium, 37.2g carbohydrates, 2g fiber, 20.4g sugar, 3g protein.

Servings: 12

## Weight Watchers Points

Note: The dried fruit is included in the calculation for SmartPoints (as they are dried and therefore not zero value). The egg whites were not include in the calculation.

Orig. WW Pts: 4

Points Plus: 5

Smart Points: 8

FreeStyle Smart Points: 8

Source: National Honey Board

Web Page: [www.honey.com](http://www.honey.com)