You Can Cook!

Fruit and Nut Granola Bar Clusters with Dried Fruit

Use dried fruit like Figs, Cherries, Plums, Cranberries, or Raisins

Preheat oven to 375 F. In a medium bowl, mix together 1 1/2 cup quick oats, 1/2 cup bran flakes, 1/3 cup dried fruit.

Mix wet ingredients until smooth. Combine wet and dry ingredients.

Mix in 1/2 cup nuts like sliced almonds or peanuts, and 1/4 cup mini chocolate chips. Set aside.

Spray a 9x13 inch baking dish with non-stick cooking spray. Form mixture into 12 clusters and place in pan.

In a separate bowl, combine 3/4 cup smooth peanut butter, 1/4 cup maple syrup, 1 tsp. vanilla, and 1/2 cup applesauce.

Bake for 20-25 minutes, until slightly browned. Let cool and store in air-tight container.

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5 Ways to Eat Dried Fruit
Figs, Cherries, Plums, Cranberries, Raisins, etc.

Winter Fruit and Spinach Salad
Apple Plum Crisp
Add to oatmeal or cereal
Trail mix

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