

# You Can Cook!

## Fruit and Nut Granola Bar Clusters with Dried Fruit

FOR RECIPES, VISIT

<https://go.Illinois.edu/EatMoveSave>



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



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



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



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



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.

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EAT.  
MOVE.  
SAVE.



Winter Fruit and Spinach Salad



Fruit and Nut Granola Bar Clusters



Apple Plum Crisp



Add to oatmeal or cereal



Trail mix