



Century
Federal Credit Union

Recipes for Success

Fruit & Nut Granola Bars

Jen, Marketing Director

Ingredients

- 1/2 cup dried dates
- 1/2 cup dried apricots
- 1/4 cup honey
- 1/4 cup light corn syrup
- 1/2 cup almonds
- 1/2 cup cashews
- 1/2 cup pecans
- 1/2 cup pumpkin seeds
- 2 cups dried oats
- 1/2 cup puffed rice cereal
- 1/2 cup dried cranberries



Directions

1. Line an 8x8 pan with parchment paper
2. In a food processor, combine dates, apricots, honey and corn syrup until it forms a cohesive paste and set aside.
3. In a large bowl, combine almonds, cashews, pecans, seeds, oats, rice cereal and cranberries.
4. Add in paste and stir together until it is completely combined.
5. Scoop mixture into pan and press down to create an even layer.
6. Chill for 1 hour. Remove from pan and cut into bars to serve.