

# Chewy Sprouted Granola Bars

InnoSweet™ reduces 'added sugars' on the label while adding 'whole grains'

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>	<b>Percent</b>
Rolled Oats	1 2/3 cup	158	18.6
Brown Sugar	1/2 cup	100	11.8
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>1/4 cup</b>	<b>35</b>	<b>4.1</b>
<b>Insta Grains® Sprouted Wheat Flour</b>	<b>1/3 cup</b>	<b>45</b>	<b>5.3</b>
Rice Crispies	1/2 cup	18	2.1
Butter, Melted	6 tbsp	78	9.2
<b>BriesSweet™</b>			
<b>White Grain Sorghum Extract 60DE</b>	<b>1/3 cup</b>	<b>125</b>	<b>14.7</b>
Craisins	1 cup	135	15.9
Blueberry Craisins	1/3 cup	45	5.3
Sunflower Seeds (shelled)	1/4 cup	30	3.5
Raisins (soaked in orange juice)	1/4 cup	56	6.6
<b>Briess Sprouted Wheat Cracked</b>	<b>2 tbsp</b>	<b>20</b>	<b>2.4</b>
Salt	1/2 tsp	4	0.5
Ground Cinnamon	1/2 tsp	.75	0.1



## Method

1. Preheat oven to 350° F (200° C).
2. Fill 1/4 cup measure with raisins and fill with orange juice allow to stand for 5 minutes to rehydrate raisins.
3. Prepare 9x9x2 baking dish, line with two pieces of parchment paper, crisscross fashion allowing paper to extend out on the sides to use as handles to remove bars.
4. Combine all dry ingredients and raisins in large bowl.
5. Add extract to hot melted butter and stir to combine.
6. Add extract mixture to dry ingredients, mix until completely coated.
7. Press mixture into prepared pan.
8. Bake 25 minutes or until edges are slightly brown. Bars will seem very soft but will firm up upon cooling.
9. After 10 minutes remove bars carefully from pan using parchment handles.
10. Cool on wire rack, once almost cooled down cut into bars.
11. Store in air tight container.

### **Briess Malt & Ingredients Co.**

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