

Gluten Free Granola Bar

With label-friendly natural, non-GMO sweeteners and whole grain ingredients

Ingredients	Volume	Grams	Percent
BriesSweet™			
White Grain Sorghum Extract 45DE	1/2 cup	170	27
Natural Peanut Butter	1/2 cup	140	22
Brown Sugar	1/2 cup packed	105	17
Gluten Free Crispy Rice Cereal	3/4 cup	24	4
Gluten Free Cocoa Krispies® Cereal	3/4 cup	40	6
Insta Grains® Brown Rice Crumb	1/4 cup	30	5
Gluten Free Rolled Oats	1-1/2 cups	125	20

Method

1. Toast brown rice crumb in oven for 5 minutes.
2. Combine cereals, crumb and rolled oats in large bowl. Set aside.
3. In medium saucepan over medium heat, stir extract and brown sugar until sugar is completely dissolved.
4. Whisk peanut butter into syrup mixture until smooth.
5. Pour syrup mixture over dry ingredients. Stir until mixture is completely coated.
6. Spread into 9" x 9" x 2" parchment lined pan.
7. Press firmly.
8. Cool, cut and serve.



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