

# Multigrain Chewy Granola Bar

Remove refined sugars add whole grain sweeteners

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>	<b>Percent</b>
Brown Sugar	1/4 cup	54	9
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>1/4 cup</b>	<b>54</b>	<b>9</b>
Peanut Butter	1/3 cup	91	15
<b>BriesSweet™</b>			
<b>White Grain Sorghum Extract 45DE</b>	<b>1/3 cup</b>	<b>110</b>	<b>18</b>
Butter	1/4 cup	55	9
Vanilla Extract	1 tsp	4	1
<b>Insta Grains® Oat Flakes</b>	<b>1 cup</b>	<b>85</b>	<b>14</b>
<b>Insta Grains® Pearled Barley Flakes</b>	<b>1/4 cup</b>	<b>20</b>	<b>3</b>
<b>Insta Grains® Rye Flakes</b>	<b>1/4 cup</b>	<b>20</b>	<b>3</b>
Crispy Rice Cereal	1/2 cup	20	3
Raisins	1/4 cup	50	8
<b>Insta Grains® Malted Wheat Flakes</b>	<b>1/4 cup</b>	<b>24</b>	<b>4</b>
Semisweet Mini Chocolate Chips	1/4 cup	40	6



## Method

1. Preheat oven to 350° F (200° C).
2. In a small bowl combine brown sugar, peanut butter, sorghum extract, butter and vanilla.
3. In medium bowl combine flakes, raisins and rice cereal.
4. Combine extract mixture and flake mixtures until well coated.
5. Fold in chocolate chips.
6. Spread into an 8x8x2 parchment lined pan.
7. Press firmly.
8. Bake 15 minutes or until edges are lightly browned.
9. Cool completely on wire rack.
10. Cut into bars.

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