

White Grain Sorghum Extract Granola Bars

Naturally sweet with whole grain goodness



Ingredients	Volume	Grams	Percent
Insta Grains® Oat Flakes	1-1/2 cups	140	17.6
Insta Grains® Brown Rice Crumb	1 cup	130	16.4
BriesSweet™			
White Grain Sorghum Extract 60DE	3/4 cup	240	30.2
Mixed dried fruit	1 cup	120	15.1
Chocolate Chips	3/4 cup	100	12.6
Almonds, Sliced	1/2 cup	64	8.1

Method

1. Preheat oven to 350°F.
2. In a large bowl combine the oat flakes, brown rice crumb, dried fruit and almonds.
3. In a small saucepan heat the white grain sorghum extract to a thin, runny consistency (140°F).
4. Add to dry mixture and mix until evenly coated.
5. Add chocolate chips and stir until incorporated.
6. Press in 8x8 parchment-lined baking pan.
7. Baked 20-25 minutes or until the top darkens slightly.
8. Cool completely before cutting into bars.



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