

Oat Snack Granola Bars

RECIPE

INGREDIENTS:

Dry Ingredients

3 Cups Seeds (Pumpkin, Sunflower, Flax, Hemp Hearts, etc.)
1-1/2 Cup Large Flake Oats
1-1/2 Cup Quick-Cooking Oats
2 Cups Dried Fruit, chopped (Saskatoon Berries, Apples, etc.)

INSTRUCTIONS:

Line a bar pan or baking sheet with parchment paper, coat lightly with cooking spray.

Combine the dry ingredients in a large bowl, stir well.

Combine wet ingredients in a small sauce pan. Bring to a boil, stirring constantly with a metal whisk. Heat for an additional 2 minutes or until the mixture reaches 210°F/98°C with a candy thermometer. Whisk mixture constantly to avoid scorching.

Pour the hot mixture over the dry ingredients, stirring well to mix evenly.

Press the mixture firmly into the pan, aiming for a well packed, even surface.

Refrigerate at least 4 hours before slicing with a sharp knife or pizza wheel. Individual bars can be wrapped and stored in the fridge for up to 2 weeks or in the freezer for up to 6 months.

Wet Ingredients

1/2 Cup Honey
1/2 Cup Brown Sugar
1/2 Cup Seed or Peanut Butter
1 Teaspoon Salt
1 Teaspoon Ground Cinnamon
1 Teaspoon Ground Ginger

**Agriculture
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Connecting Kids and Agriculture

Sask Oats
SASKATCHEWAN OAT
DEVELOPMENT COMMISSION

Sask Grown Oats

Oats for breakfast are a great start to the day. They are high in fibre and that keeps us feeling full.

Oats are used in the food industry as a stabilizer in foods like ice cream.

Saskatchewan farmers grew over 1.4 million acres of oats in 2018!



Oats need cold weather to grow. Canada is second in the world for oat growing behind Russia and the world leader for oat exports.

Because of their natural anti-itching properties, oats are used in the cosmetic industry for a variety of products.

Oats are used to make delicious foods such as breakfast cereals, granola bars and cookies! They are also used in animal feed.