

Looking for an on-the-go breakfast or a healthy snack?

Low-Fat Granola Bars

Ingredients; 1 large egg white, 2 Tablespoons honey, 2 teaspoons canola oil, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon cinnamon, 2 cups low-fat granola (Kashi), $\frac{1}{4}$ cup raisins, dates, cranberries, or dried fruit of your choice.

Preheat oven to 325 degrees. Spray an 8" X 8" pan with cooking spray. Whisk egg white, honey, oil vanilla, and cinnamon in a small bowl until blended. Combine granola and dried fruit add to 'wet' mixture. Press into pan. Bake until lightly brown, 20-25 minutes. Cool and enjoy!