

## Raspberry Apple Granola Bars



### Ingredients:

- 1 tsp coconut oil, melted
- 1 tsp ground cinnamon
- 1/2 cup unsweetened lukewarm applesauce
- 2 1/2 cups old-fashioned oats
- 1/3 cup skim milk
- 1 cup diced, frozen raspberries
- 1 tbsp honey

### Directions:

1. Preheat the oven to 350°F, and lightly coat a square baking pan with nonstick cooking spray.
2. In a large bowl, stir together the oil and applesauce until smooth. Mix in the milk, honey and cinnamon until thoroughly combined. Stir in the oats until evenly coated with the applesauce mixture. Gently add in the raspberries.
3. Press the oat mixture into the prepared pan, and bake at 350°F for 16-19 minutes. Cool completely to room temperature in the pan before slicing.

**SAFETY: Please remember that it's important to always work under adult supervision**