

Healthy Oatmeal Raisin Granola Bar Bites



These taste even better than the store-bought granola bars I grew up eating! They're soft and chewy with lots of rich cinnamon flavor, and hydrating the raisins ahead of time makes a big difference. Those plump juicy bits taste sweet and incredible! Leftovers will keep for at least 5 days (if not longer!) if stored in an airtight container in the refrigerator.

Serves 25 bites
Prep time: 10 min

Cook time: 20 min
Total time: 30 min

INGREDIENTS

- 2 large egg whites
- 2 tsp ground cinnamon
- ¼ tsp salt
- ¼ cup (60g) plain nonfat Greek yogurt
- 3 tbsp (45ml) pure maple syrup
- ½ tsp salt
- 1 ½ cups (45g) crisp brown rice cereal
- 1 cup (100g) old-fashioned rolled oats
- ¼ cup (40g) raisins, hydrated and diced

DIRECTIONS

1. Preheat the oven to 300° F, and coat an 8" square pan with nonstick cooking spray or use parchment paper.
2. In a medium bowl, whisk the egg whites.
3. Whisk in the cinnamon and salt.
4. Stir in the Greek yogurt and maple syrup, mixing until thoroughly combined.
5. Stir in the rice cereal and oats.
6. Gently fold in the raisins.
7. Gently press the mixture into the prepared pan using a spatula. Bake at 300° F for 11-14 minutes or until the center feels firm to the touch.
8. Cool completely to room temperature in the pan before slicing into squares.