

Granola Fruit Bars

½ cup dried apples, chopped
1/3 cup honey
½ cup raisins and/or dried cranberries
1 tablespoon brown sugar
1/3 cup reduced-fat peanut butter
¼ cup apple butter
½ teaspoon ground cinnamon
½ cup old-fashioned oats
1/3 cup toasted wheat germ*
2½ cups raisin bran-granola cereal (or regular raisin bran)
nonstick cooking spray

In a large saucepan, combine the apples, honey, raisins, and brown sugar. Bring to a boil over medium heat, stirring often. Cook and stir 1 minute longer. Remove from the heat; stir in peanut butter until melted. Add apple butter and cinnamon. Stir in the oats and wheat germ. Fold in raisin bran-granola cereal.

Press firmly into an 8-inch square pan, coated with nonstick cooking spray. Refrigerate for 1 hour, or until set. Cut into bars and store in air-tight container in the refrigerator.

*You can buy toasted wheat germ in your local grocery store in either the cereal or baking aisle. (It is usually sold in a glass jar.)

Yield: 8 servings