



glutenfree

oat flour

certified gluten-free rolled oats add a nutty taste and hearty texture to cookies, muffins, and bread. use to thicken soups and stews or turn them into a topping for crisps and crumbles.

bake your best

Certified



NET WT 32 OZ (2 LBS) 907g

13190

CHEWY GRANOLA BARS

1 2/3 cups quick rolled oats*
1/2 cup King Arthur Gluten-Free Oat Flour
1/3 cup sugar
1/2 teaspoon salt

1/4 teaspoon ground cinnamon, optional
2 to 3 cups dried fruits and nuts
1 teaspoon vanilla extract
6 tablespoons melted butter or vegetable oil
1/3 cup honey, maple syrup, or corn syrup
1 tablespoon water

Nutrition Facts

Serving Size 1/3 cup (28g)
Servings Per Container 32

Amount Per Serving

Calories 110 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*For a Gluten-Free version make sure all ingredients are Gluten-Free.

Preheat oven to 350°F. Lightly grease a 9" x 13" pan.

Stir together dry ingredients, including fruit and nuts.

In a separate bowl, whisk together vanilla, melted butter or oil, honey or syrup, and water.

Toss wet ingredients with the dry until mixture is evenly crumbly.

Spread evenly in prepared pan, and pat down gently.

Bake for 25 to 30 minutes, until golden brown around edges.

Loosen the edges, and cool for 5 minutes.

Cut the bars while still warm in pan, and cool on a rack.

Wrap individually to store; or store in layers with parchment in between. In humid weather, it's best to store bars in the refrigerator. They also freeze well.

Yield: 20 bars.

Find more gluten-free recipes at kingarthurfour.com/recipes.

Store cool and dry.

Produced in a dedicated gluten-free manufacturing facility.



Do not eat raw flour, dough or batter. 13190B01A

INGREDIENTS: WHOLE GRAIN OAT FLOUR.

Packaged exclusively for KING ARTHUR FLOUR
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