



Granola Bar

This recipe was created by **Chef Vishwa Mohan** at **AMS Food Services, UBC**

 Yield: 50 servings

 Serving Size: 1 bar

Ingredients

- 1.6 kg multigrain topping mix
- 500g (1.3L) quick oats
- 340 ml canola oil
- 300 g (470 ml) raisins, golden
- 4g (7 ml) cinnamon, ground
- 500 g (625 ml) sugar, golden
- 400 g (840 ml) pumpkin seed
- 600 g (800 ml) apricot, dry diced
- 500 g (360 ml) honey
- 50 g (40 ml) salt, kosher **

*The mix comes in a 20kg bag and contains oat flakes, rye flakes, sunflower seeds, pumpkin seeds, flax seeds and sesame seeds. May also be called a 7-grain mix.

** if using table salt, reduce to 30 ml

Method

Step 1

Add all the ingredients in the mixer bowl.

Step 2

Mix with the hook attachment on speed 1, just until everything is incorporated properly.

Step 3

Cover the base of the sheet pan with cling film.

Step 4

Pour in the granola mix and press it down firmly using a rolling pin.

Step 5

Cover with cling film and let set for an hour before cutting into bars/squares.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands,
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.