

## Apple Cinnamon Granola Bar

With 8 All Natural Briess Ingredients

INGREDIENTS	US/Oz	METRIC/g
Brown Sugar	2.6	65
<b>ORGANIC BRIESSWEET™ TAPIOCA SYRUP 28 DE</b>	<b>3.5</b>	<b>100</b>
<b>ORGANIC BRIESSWEET™ TAPIOCA SYRUP 63 DE</b>	<b>3.5</b>	<b>100</b>
<b>ORGANIC BRIESSWEET™ TAPIOCA MALTODEXTRIN 3 DE</b>	<b>0.1</b>	<b>2</b>
Crispy Rice Cereal	1.9	65
<b>INSTA GRAINS® SOFT WHITE WHEAT FLOUR</b>	<b>2.1</b>	<b>60</b>
Mixed Fruit/Apple Pieces	3.9	110
<b>INSTA GRAINS® MALTED WHEAT FLAKES</b>	<b>1.9</b>	<b>55</b>
<b>INSTA GRAINS® RYE FLAKES</b>	<b>1.9</b>	<b>55</b>
<b>INSTA GRAINS® SOFT RED WHEAT FLAKES</b>	<b>1.9</b>	<b>55</b>
<b>INSTA GRAINS® PEARLED BARLEY FLAKES</b>	<b>1.9</b>	<b>55</b>
Cinnamon	0.1	3
Salted Butter	3.9	111
		<b>836</b>

### BENEFITS OF BRIESS INGREDIENTS

Insta Grains® are quick cook ingredients, no soak or pre-cook required

Insta Grains® have low micros and digest easily

Many Insta Grains® Flakes are high fiber whole grain ingredients

BriesSweet™ Syrups are natural, nutritive sweeteners that substitute for HFCS

Low fat

Trans fat free

All natural

Kosher certified

Non-GMO

Made in U.S.A.

Source multiple ingredients from one supplier

1. In pan combine the Organic BriesSweet™ Tapioca Syrup 28 DE, Organic BriesSweet™ Tapioca Syrup 60 DE and Organic BriesSweet™ Tapioca Maltodextrin 3 DE. Stir until completely dissolved.
2. Add the butter and brown sugar and bring to a boil, stirring constantly.
3. In a separate bowl, combine the crispy rice cereal, all of the Pregelatinized Flake Ingredients, Insta Grains® Soft White Wheat Flour, cinnamon, and nuts. Stir.
4. Add dried fruit pieces. Stir.
5. Pour syrup mixture over dry ingredient and quickly stir with spoon or, on low speed, in a mixer until all ingredients are coated.
6. Pour into a lightly greased cookie sheet.
7. Press firmly with waxed paper or roll with a rolling pin.
8. Cool completely and cut into bars.