

Cherry Granola Bar

With 7 All Natural Briess Ingredients

INGREDIENTS	US/Oz	METRIC/g
Brown Sugar	2.6	65
ORGANIC BRIESSWEET™ TAPIOCA SYRUP 28 DE	7.1	200
ORGANIC BRIESSWEET™ TAPIOCA MALTODEXTRIN 3 DE	0.1	2
Cocoa Rice Crispy Cereal	2.3	65
INSTA GRAINS® SOFT WHITE WHEAT FLOUR	2.1	60
Cherry Craisins	5.8	100
INSTA GRAINS® MALTED WHEAT FLAKES	1.9	55
INSTA GRAINS® TRITICALE FLAKES	1.9	55
INSTA GRAINS® RYE FLAKES	1.9	55
INSTA GRAINS® PEARLED BARLEY FLAKES	1.9	55
Salted Butter	4.2	111
		823g

1. In a pan combine the Organic BriesSweet™ Tapioca Syrup 28 DE and Organic BriesSweet™ Tapioca Maltodextrin 3 DE and 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 Cocoa Rice Crispy Cereal, all of the Pregelatinized Flake Ingredients and Insta Grains® Soft White Wheat Flour. Stir.
4. Add Craisins. Stir.
5. Pour syrup mixture over dry ingredients and quickly stir with a spoon or, on low speed, in a mixer until all ingredients are coated.
6. Pour into a lightly greased cookie sheet. Press firmly with waxed paper or roll with a rolling pin.
7. Cool slightly and cut into bars.

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