THE J.M. SMUCKER Co

Chewy Fruit & Nut Bars

Prep Time	Cook Time	Serves	Difficulty
10 mins	20 mins	36	N/A

Ingredients

- 2 1/2 cups (625 mL) **Robin Hood®** Oats
- 2 cups (500 mL) dried fruit (cranberries, chopped apricots, raisins)
- 1 cup (250 mL) sunflower seeds or pumpkins seeds, or a combination of the two
- 1/2 cup (125 mL) sliced almonds, toasted
- 2 tbsp (30 mL) each of sesame seeds and flax seeds
- 1 can (300 mL) **Eagle Brand®** Low Fat Sweetened Condensed Milk, slightly warmed

  Low Fat Sweetened Condensed Milk

- 2 tsp (10 mL) vanilla extract

Directions

Step 1:

Preheat oven to 350ºF (180ºC). Grease a 15” x 10” (40 cm x 25 cm) jelly roll pan. Line with parchment paper.

Step 2:

Combine all ingredients in a large bowl. Mix well. Press evenly into prepared pan.

Step 3:

Bake in preheated oven 20-25 minutes or until edges are golden brown. Cool and cut into bars.

Lining a pan with parchment paper, overlapping the sides allows for easy removal and cutting of squares. Use any combination of seeds and dried fruit such as mango, papaya, pears for a different variation.

Images