



Yoghurt Berry Granola Bars

METHOD

1. Preheat oven to 180°C.
2. In a bowl mix the ingredients for the granola bars, yoghurt, oats, berries and honey.
3. Line a 25x30 cm baking dish with baking paper
4. Pour the granola bar mixture into the lined baking tray and press it down with a wooden spoon till it is flat and even.
5. Bake in the preheated oven for 20-25 min or until golden brown.
6. Once baked and golden in colour remove from the oven and leave the mixture to cool down.
7. Cut into equal bars and drizzle with the yogurt icing.

INGREDIENTS

Granola bars

100 ml full-cream plain yoghurt
2 cups oats, uncooked
½ cup berries, fresh and mashed
½ cup honey

Yoghurt drizzle

50ml Yoghurt
½ cup (125 ml) Icing sugar

Nutrition Facts

Serving size: 90 g

Energy (kJ)	984
Protein (g)	3
Total Carbohydrates (g)	48
Fat (g)	2
Fibre (g)	2
Calcium (mg)	48



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