

Chewy Coconut Granola Bars

Ingredients

- Cooking spray
- 2 teaspoons all-purpose flour
- 3 ounces all-purpose flour (about 2/3 cup)
- 1 3/5 ounces whole-wheat flour (about 1/3 cup)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups packed brown sugar
- 1/4 cup canola oil
- 2 tablespoons fat-free milk
- 2 large eggs
- 1 1/2 cups whole-grain granola
- 3/4 cup chopped mango
- 1/2 cup flaked sweetened coconut

Preparation

Preheat oven to 350°.

Coat a 13 x 9-inch metal baking pan with cooking spray; dust with 2 teaspoons all-purpose flour.

Weigh or lightly spoon 3 ounces all-purpose flour and 1.6 ounces whole-wheat flour into dry measuring cups; level with a knife. Combine flours, baking powder, and salt in a small bowl; stir with a whisk. Combine sugar, oil, milk, and eggs in a large bowl; beat with a mixer at high-speed until smooth. Add flour mixture, beating at low-speed until blended. Fold in granola and fruit. Spoon batter into prepared pan. Sprinkle with coconut.

Bake at 350° for 20 minutes or until golden. Cool completely in pan on a wire rack. Cut into bars.