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Make your own low-calorie granola bars with oats and whole ingredients. They make a quick nutritious breakfast or a great snack on the run.

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8 Healthy Homemade Granola Bars Fitness Magazine

If you're like most on-the-go women, there's a good chance granola bars seriously simplify your life. (Hellooo, easy breakfast.) Thing is, store-bought bars that look healthy are often loaded with high-fructose corn syrup and lacking in nutrients.

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Super Low Fat Granola Cereal Recipe Taste of Home

Super Low-Fat Granola Cereal Serve this delicious mix for breakfast with milk, or sprinkle it over yogurt. You can add chopped walnuts or pecans, but it will increase the calorie count.

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Low Fat Granola Bars Recipe EatingWell

Storebought granola bars sure are convenient, but they're often loaded with undesirable amounts of fat. These come together in minutes. Try using chopped dates or dried cranberries in place of the raisins.

<http://ebookslibrary.club/Low-Fat-Granola-Bars-Recipe-EatingWell.pdf>

How to Make High Protein Low Calorie Granola Bars Recipe

Ever heard of medifast? It is a weight loss program, that works really well for people! My mother uses it every now and then. Here is a recipe for the bars, just like medifast but easier, and cheaper! by Rikki Kazmierowicz.

<http://ebookslibrary.club/How-to-Make-High-Protein-Low--Calorie-Granola-Bars-Recipe--.pdf>

Easy Low Carb Granola Bars Beauty and the Foodie

Easy Low Carb Granola Bars are a grain free, high protein, satisfying nutty snack. These are easy to make, chewy, baked granola bars that are grain free with a paleo option. Great for on the go snacking and between meal cravings. Simply blend or pulse ingredients in a processor or blender, spread in a pan and bake.

<http://ebookslibrary.club/Easy-Low-Carb-Granola-Bars-Beauty-and-the-Foodie.pdf>

Sugar Free Low Carb Granola Bars with Chocolate Chips

I've been making healthy sugar free granola bars for the kids in some form or another for years. I used to prepare them with gluten-free oats, but now I just make them with nuts and seeds for a healthy low carb and grain free option.

<http://ebookslibrary.club/Sugar-Free-Low-Carb-Granola-Bars-with-Chocolate-Chips--.pdf>

Low Calorie Granola Recipes SparkRecipes

Low Calorie/Low Sodium Granola. Granola is good on yogurt or for munching. Recipe makes about 20 1/4 cup servings. Yes, you could substitute real maple syrup and/or honey if you like.
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