

'Ulu Granola Bars



Serves 14 • Prep time ~35 minutes • Bake time ~60 minutes

Developed by: Lixuan He, James Huang, Francesca Gardner
FSHN 381 UH Mānoa

INGREDIENTS

- $\frac{3}{4}$ cup 'Ulu
- $\frac{1}{4}$ Dried apricot
- 1 large Banana
- $\frac{1}{4}$ cup Honey
- 1 $\frac{1}{2}$ teaspoon Vanilla extract
- 2 $\frac{1}{4}$ cup Rolled oats
- 2 tablespoons Unsalted butter
- 1 tablespoon Sesame seeds
- $\frac{1}{4}$ cup Chia seeds
- 3 tablespoons Pumpkin seeds
- 1 teaspoon Cinnamon
- $\frac{1}{2}$ teaspoon Salt
- 2 tablespoons Semi-sweet chocolate chips

DIRECTIONS

1. Steam 'ulu for 10-15 minutes, until fork-tender.
2. Preheat oven to 325°F. Grease a sheet pan (13x18 inches) with cooking spray.
3. Chop the apricots into small, square pieces.
4. Mash 'ulu and banana together in a small bowl. If a smoother texture is desired, the 'ulu can be processed in a food processor or blender.
5. Add honey and vanilla to the mashed 'ulu and bananas.
6. Mix the wet ingredients with apricots until well combined.
7. Toast oats with butter (add butter in small amounts) in a pan.
8. Combine dry ingredients in a separate, bigger bowl: oats, seeds, cinnamon, and salt.
9. Mix wet mixture with dry ingredients.
10. Press the mixture evenly into the prepared baking pan.
11. Bake for 45-60 minutes, or until lightly golden on top.
12. Cool completely when done baking.
13. Melt chocolate chips and drizzle over bars.
14. Cut into evenly shaped bars.

'Ulu Granola Bars



Developed by: Lixuan He, James Huang, Francesca Gardner • FSHN 381 UH Mānoa

RECIPE NOTES

Substitutions

- Frozen, pre-baked 'ulu can be replaced with fresh 'ulu.
- Fresh bananas can be replaced with banana puree or dried bananas.
- Dried apricots can be replaced with fresh or canned apricots or other dried fruits (1 cup fresh fruit to ½ cup dried fruit ratio for apricots and bananas).
- Butter can be substituted for vegetable oil.

Child Involvement Ideas

- Mash the 'ulu and bananas.
- Mix the dry and wet ingredients together.
- Roll or press the granola bars before baking.
- Drizzle the melted chocolate.

Preparation Tips

- Leftovers can be crumbled into smaller bits to use as granola in other foods, such as yogurt.
- Bars can also be made into other snacks such as granola balls or crumb for desserts.
- To be more time-efficient, start boiling the water required to thaw/cook the ulu. Then prepare all ingredients, ready to measure. Preheat the oven. Followed by the remaining steps, and melt the chocolate chips as the bar cools.
- To save/minimize energy use, avoid keeping the oven on longer than necessary.

Nutrition Facts	
About 14 servings per container	
Serving size	(40g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 70mg	3%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.4mg	8%
Potassium 200mg	4%
Vitamin A 10mcg	2%
Vitamin C 1mg	0%
Zinc 1.1mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.