



Discovery Centre Granola Bars – At-Home Resource

Approximate Activity Time: 45 minutes - 1 hour

Background

This is a brand new recipe for FFDC, created in early 2020. The intention was to create an easy recipe that highlighted as many made in Manitoba and made in Canada products as possible. These bars can be made using over 50% local ingredients, but that's not even the best part... These granola bars are so tasty that during the recipe-testing phase, our staff COULD NOT STOP gobbling these up! We hope you enjoy this new recipe as much as we do.

How to use this resource

1. Have students complete the “Pre-Baking Questionnaire” and discuss your answers or read over them as a group and have an open discussion.
2. Follow the recipe and begin making your granola bars
3. Check out the video on YouTube for some visual instructions:
4. While the granola bars bake, share the “Fun Food Science Facts” and discuss
5. Share the “Fun Farm Facts” and discuss. Maybe do this while your granola bars are cooling!
6. Check out the “Complimentary Resource” section for some other fun facts!

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Discovery Centre Granola Bars

Check out our video for step-by-step instructions: <https://youtu.be/Xs4Zm7T4IbY>

Ingredients:

- 125 mL (1/2 cup) corn syrup
- 160 mL (2/3 cup) nut/seed/wow butter (our video used Canadian sunflower butter)
- 125 mL (1/2 cup) brown sugar
- 5 mL (1 tsp) vanilla extract
- 125 mL (1/2 cup) butter, melted
- 750 mL (3 cups) quick cooking oats
- 80 mL (1/3 cup) all purpose flour

Mix-ins:

- 30 mL (2 TBSP) whole flaxseed
- 125 mL (1/2 cup) shredded coconut
- 125 mL (1/2 cup) hemp hearts
- 60 mL (1/4 cup) pumpkin seeds
- 250 mL (1 cup) chocolate chips

Note: if you do not have these mix-ins handy or do not like them, replace them with another item at the same volume.

Directions:

1. Preheat oven to 350°F.
2. Before cooking anything, always **sanitize your food prep area** (See “Complimentary Resource” section for a link to an easy and effective home sanitizer) and **wash your hands** for 30 seconds.
3. In a large mixing bowl, combine the brown sugar, vanilla, melted butter, corn syrup, and nut/seed/wow butter.
4. Mix in the oats, flour and the mix-ins. Stir until well combined
5. Press mixture into a parchment lined (or greased) 9x13” baking pan
6. Bake at 350°F for 15-20 minutes until just golden brown. Take care not to overbake, as it will dry out and crumble.
7. Allow to cool completely before slicing.
8. Enjoy your homemade granola bars.

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Fun Food Science Facts – Discovery Centre Granola Bars Edition

1. Manitoba's Wheat is a Functional Food
 - A functional food is one that has better potential or ability to provide health-enhancing effects compares to similar foods.
 - Wheat grown in Manitoba has been shown to have higher nutritional properties than wheat grown elsewhere.
 - Manitoba grown wheat has protective antioxidants that are close to and in some cases higher than fruits and vegetables. The specific antioxidants are unique to Manitoba Wheat and are not found in any other foods.
2. Butter/Dairy Nutrition
 - Milk products are high in calcium and are any easy source of the calcium needed in human diets.
 - The calcium they provide has good bioavailability; making it easier for our bodies to access, it compared to other foods, which often contain less calcium with that our bodies, have a more difficulty accessing.
3. Oats Nutrition
 - Unique among grains, oats almost never have their bran and germ removed during processing. This whole grain aspect of oats adds to its health benefits.
 - The soluble fibre in oats, called beta-glucan, helps control blood sugar.
 - Oats are higher in protein and healthy fats, and lower in carbohydrates than most other whole grains.
4. Flaxseed is a Functional Food
 - ALA Omega 3 from Flaxseed is the only essential Omega 3, as it cannot be synthesized in our bodies and is an important part of human nutrition.
 - Flaxseed contains ALA Omega 3, protein, soluble and insoluble fiber, and lignans. All of these components work together to support heart health, maintain healthy blood pressure, and aid in cholesterol and weight management.
5. Hemp is a Functional Food
 - Hemp is also a functional food.
 - It is high in protein, healthy fats, fibre, iron, folate and magnesium.
 - Hemp also has all 10 essential amino acids making it a complete protein.

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Fun Farm Facts – Discovery Centre Granola Bars Edition

Thank a farmer for your delicious muffins! Many of the ingredients can be sourced locally! See the connections below:

1. Sunflower Butter
 - Approximately 60% of all Canadian sunflowers are confection-type, which are produced into roasted sunflower seeds or de-hulled for baking.
 - The other 40% are oilseed sunflowers, which are used in the birdfeed and crushing industry for sunflower oil.
 - Here's a Canadian brand of sunflower butter: Nuts to You Sunflower Butter
2. Butter
 - The Manitoba Dairy Industry consists of approximately 330 farmers with an average farm size of 100 cows.
 - The average dairy cow produces 8,830 litres of milk each year.
 - Here's a local brand of butter: Notre Dame Creamery
3. Flour
 - Wheat is the most grown crop in Manitoba
 - Manitoba farmers produce around 15% of all of Canada's wheat
 - Here's a local brand of wheat flour: Manitoba Milling
4. Oats
 - Oats have been grown in Canada for centuries.
 - Manitoba accounts for 20% of Canada's oat production.
 - Here's a local brand of Oats: Adagio Farms Naked Oats
5. Flaxseed
 - Flax oil and meal are important components in animal nutrition.
 - When flax is incorporated as an integral component of animal feed, it improves the health and productivity of the animals themselves, and leads to healthier food products for humans.
 - Here's a local brand of flaxseed: Manitoba Milling
6. Hemp Hearts
 - Manitoba is home to two major industrial hemp-processing plants: Hemp Oil Canada in Ste Agathe and Manitoba Harvest in Winnipeg.
 - Here's a local brand of hemp hearts: Manitoba Harvest
7. Pumpkin Seeds
 - Here's a Canadian brand of pumpkin seeds: Central Roast

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Complimentary Resources:

- [Easy and Effective Sanitizer Mixture](#)
- [FANLit's "What is Composting"](#)

Outside Sources that were Consulted

- The Canadian Climate Advantage Diet by Manitoba Agri-Health Research Network
- [Food and Beverage Manitoba](#)
- [Manitoba Milling Co.](#)
- [Real Dirt on Farming](#)
- [Government of Manitoba: Agriculture](#)
- [Dairy Nutrition](#)
- [Manitoba Flax Growers Association](#)

*Check out our other resources available at
<https://bit.ly/2zyGu9b>*

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