

ABSTRACT

LOW-CALORIE WHOLE GRAIN CEREAL BAR

A low-calorie whole grain cereal bars is provided that includes whole grain and binder in amounts effective for providing a cereal bar with at least about 15 weight % or more whole grain, at least about 5 weight % or more protein, about 5 weight % or more fiber, and at least 120 or less calories per 28 gram bar. The cereal bars are low in calories but still provide a good source of whole grain and fiber while maintaining an acceptable taste and organoleptic properties.

No Figure

