

Coconut Pineapple Granola Bars

Featured Ingredient: Tagatose



Coconut Pineapple Granola Bar Formula

| <i>Ingredients</i> | <i>%</i> |
|--|------------|
| Old-fashioned oats | 14.9 |
| Puffed rice | 3.0 |
| Almonds, slivered | 21.6 |
| Unsweetened shredded coconut | 16.6 |
| Tagatose | 25 |
| Coconut oil | 5.3 |
| Water | 4.2 |
| Salt | 0.3 |
| Dried pineapple, cut in 1/4-inch cubes | 9.1 |
| Total | 100 |

Method

1. Preheat oven to 325°F. Grease and line with parchment paper one 9x9-inch baking pan. Set aside.
2. Line one cookie sheet with parchment paper. Toss oats, puffed rice, almonds, and coconut together. Bake for 10-15 minutes or until lightly browned, stir occasionally. Remove from oven. Transfer mixture to a large mixing bowl. Add pineapple and toss until well combined. Reduce oven to 300°F.
3. In a small saucepan, combine tagatose, water, coconut oil, and salt. Bring the mixture to a boil over medium heat. Stir constantly until all ingredients are combined and all the tagatose is dissolved. Pour over oats mixture and mix until well combined.
4. Pour mixture over the prepared pan. Press the mixture evenly and firmly into the pan, make sure there are no air pockets. Bake for 16-18 minutes, or until golden brown.
5. Remove from oven and cool for at least 2 hours. Cut and package.



Tagatose Overview

Tagatose is a rare sugar which tastes and performs like sucrose. It is 90% as sweet as sucrose with 60% fewer calories. With a low glycemic index of 3, Tagatose is Ketogenic Certified and does not raise blood glucose levels when consumed on its own. In addition, it does not promote tooth decay and has been shown to have prebiotic effects.

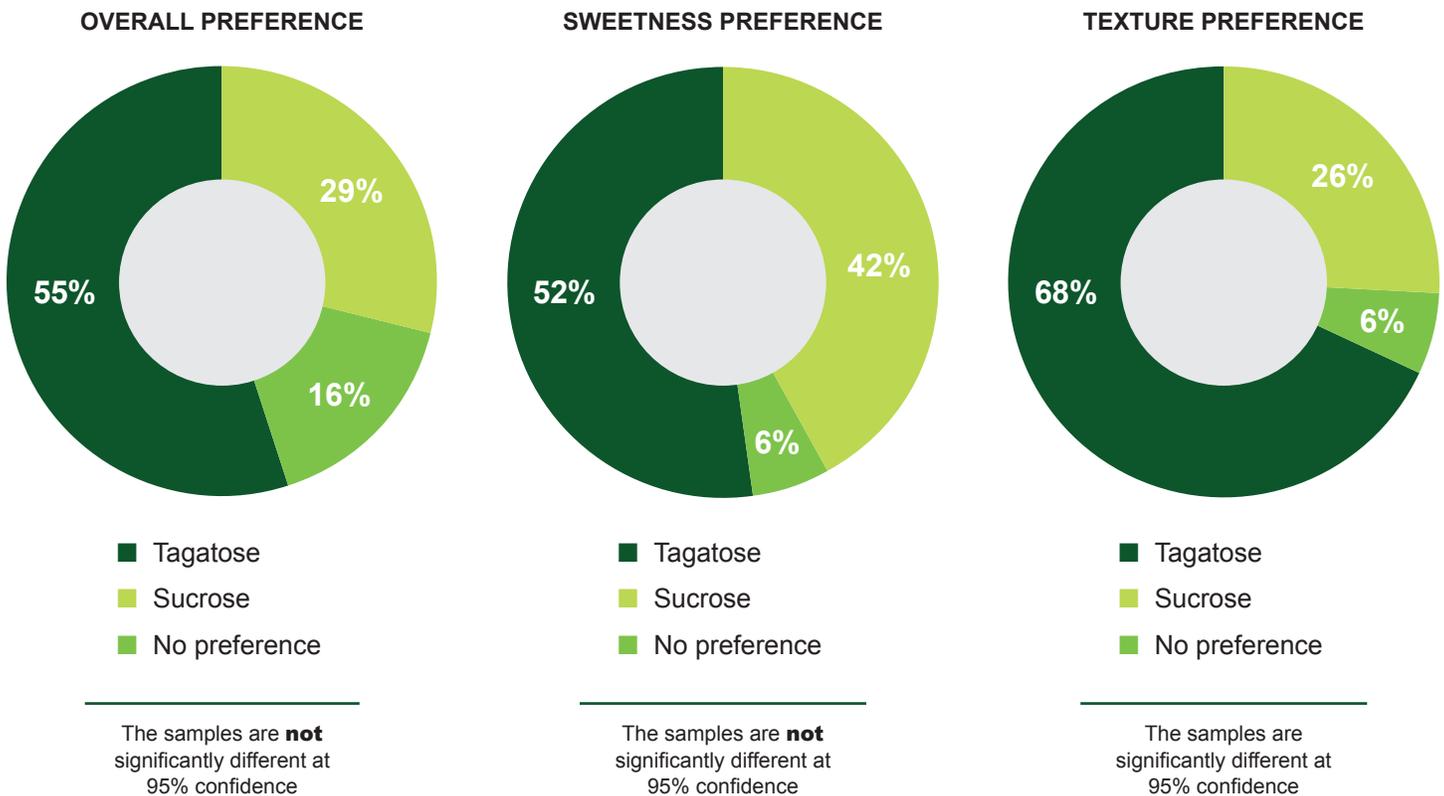
Benefits

of Using Tagatose in Granola Bars

- Browns during baking like sucrose.
- Functions as a sweetener and binder.
- Lower calories and lower glycemic index compared to sucrose.

Sensory Results

for Granola Bars Prepared with Various Sweeteners



KEY TAKEAWAY: In granola bars, Tagatose delivers a better texture and similar perceived sweetness compared to bars made with sucrose.

Source: ASR Group® Internal Testing, 2023.

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