

## SARABETH's POWER BARS

*"These power bars are delicious and much more nutritious than most granola bars. They are very filling, too. Instead of using dried mixed fruit, feel free to substitute any of your favorite dried fruits. Same goes for the nuts. You can be very creative with this recipe, mixing in many combinations of good stuff. Will keep you jet-propelled on your bicycle rides. I got the basic recipe from Judy Whitte who found it online. I've modified it. . . . Sara Schroedl"*

### INGREDIENTS: (Original basic recipe):

1 C Quick-cooking rolled oats (I've used the 5-min regular too, but the quick is better. I up this amount a little)  
½ C whole wheat flour  
½ C wheat and barley nugget cereal (*e.g. Grapenuts or Kashi brand 7-Whole Grain Nuggets Cereal is my choice*)  
½ Tsp ground cinnamon  
1 beaten egg  
¼ C applesauce (I always use more)  
¼ C honey  
3 Tbl brown sugar (*I use less, about 2 ¾ Tbl*)  
2 Tbl vegetable oil  
¼ C unsalted sunflower seeds (*or flaxseed, wheat germ are nice too*)  
¼ C chopped walnuts (*Almonds are very good, or chopped peanuts*)  
1 (7 oz) bag chopped dried mixed fruit (*I just chop up fruit to equal 7 oz (used a food scale) using some or all of these: dates, apricots, cranberries, cherries, raisins – Also Sam's Club carries bags of 7-mixed tiny dried fruit bits, very handy ready to use*)

### Notes:

- \*You could omit the sugar, but I haven't done this yet.
- \*I like to add about 1 T fine chopped **coconut**.
- \*Adding some **dark chocolate** pieces is very delicious too. I use 70%-80% cocoa bar.
- \*I have been increasing the Applesauce to ¾ cup and reducing the oil to 1.5 Tbl.
- \*I always add ½ a **banana**.
- \* **Orange Zest** (¾ Tbl) is very yummy in these. I have some dried Orange Zest. Tried **Lemon Zest** once too. Like the orange best.
- \*Try some **peanut butter** too.
- \*Some have used an extra egg and an extra cup of the cereal nuggets. Experiment.
- \*I tried raw pumpkin seeds in one batch – good, but some don't like those seeds.

### DIRECTIONS:

1. Preheat oven to 325 degrees F. Line a 9" square pan with aluminum foil. Spray with cooking spray. (I like to use baking parchment paper – a square big enough to fit the bottom and up the side. Don't spray if using parchment paper).
2. In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, oil (and other ingreds listed under my 'notes', if using any of these), and the dried fruit bits. Spread mixture evenly in the prepared pan.
3. Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil (or parchment paper) to lift from the pan. Cut into bars or squares. I store them in the refrigerator, wrapped, ready to take with me.

1/12<sup>th</sup> of the basic recipe: 197 Cal, 40 mg sodium, 246 mg potassium, 2.4 g fiber, 4.3 g protein

