



## Super Bars

From the kitchen of Jennifer Espinosa-Goswami



**1.5 c rolled oats**

**1 c high fiber cereal (Grape Nuts)**

**2 TB ground flaxseeds**

**2 TB sunflower seeds**

**1/2 c unsweetened coconut**

**1/4 c packed brown sugar**

**1/4 c honey or agave**

**pinch of cinnamon/ginger (optional)**

**1 beaten egg**

**1/2 c nut butter of choice**

**1/3 c unsweetened applesauce**

**2 TB coconut oil**

**1/4 c dried fruit of choice**

**1/4 c dark chocolate chips**

**1/4 c nuts (optional)**

1. Preheat oven to 325 degrees. Line an 8" by 8" pan with aluminum foil and coat with cooking spray. 2. In a large bowl, combine oats, cereal, seeds and spices (optional). Add egg, applesauce, nut butter, honey, brown sugar and oil. Mix well. Stir in fruit, chocolate and nuts (optional). 3. Spread mixture evenly in prepared pan, and pat down firmly. Bake for 30-35 minutes or until lightly browned around edges. 4. Cut into bars, and enjoy! Yield: 12 bars Nutrition: 170 calories, 5 g protein, 30 g carbohydrates, 8 g fat, 3 g fiber.

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