

DRIED FRUIT & MAPLE BAR

INGREDIENTS

- 1 C Oatmeal (quick type)
- 1/2 C Sunflower seeds (raw) (unsalted)
- 1/2 C Wheat germ (toasted)
- 1/4 C Whole wheat pastry flour
- 1/2 C Apricots (dried)
- 1/2 C Almonds (raw)
- 1/2 C Raisins
- 1/2 C Dates (dried) (pitted)
- 1/2 C Non-fat dry milk (powdered)
- 1/2 t Cinnamon (ground)
- 1/3 C Maple syrup (lite) **OR** Pancake syrup (lite)
- 1/2 C Egg substitute
- Non-stick cooking spray

DIRECTIONS

- 1 Pre-heat the oven to 350 F & coat a 9 x 13 inch pyrex pan with the non-stick cooking spray
- 2 In your blender, pulse all the ingredients except the maple syrup & egg substitute until mix is finely chopped
- 3 Add the syrup & egg substitute pulsing until the mix looks like paste
- 4 Pour the 'paste into your baking pan & spread evenly
- 5 Bake about 20 minutes or until 'feels' done
- 6 Cut into 20 squares



