



Whole Wheat Energy Bars

Tuck in a back-pack or lunch box for a nutritious snack, or grab for breakfast on the run...

- 1 cup Heckers or Ceresota Whole Wheat Flour
- 1 cup wheat germ
- $\frac{3}{4}$ cup quick-cooking oatmeal (not instant)
- $\frac{1}{2}$ cup Heckers or Ceresota Unbleached All-Purpose Flour
- $\frac{1}{4}$ cup firmly packed light brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup butter or margarine, softened
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup applesauce
- 2 eggs
- 1 bag (7 oz.) dried fruit bits (about 1 $\frac{1}{2}$ cups)
- $\frac{1}{2}$ cup Craisins (dried cranberries)
- 1 cup chopped toasted walnuts or almonds*

Preheat oven to 350F. Line 13x9-inch baking pan with non-stick foil. In large bowl, mix first 8 ingredients. Stir in butter, honey, applesauce and eggs; mix until blended. Stir in fruit bits, Craisins and nuts. Batter will be very thick. Spread batter evenly in prepared pan. Bake 25 minutes or until golden brown. Cool completely on wire rack.

Note: To make slicing easier, refrigerate cooled pan until thoroughly chilled **before** cutting into bars.

With sharp knife, cut into 25 bars. Wrap each bar individually in plastic wrap and store in refrigerator. Makes 25 servings.

*To toast nuts, place on cookie sheet and bake at 350F for 8 to 10 minutes until lightly browned.