

Back to Breakfast



Energy Bar



Ingredients:

1 cup bran flakes cereal
1/4 cup wheat bran
1/4 cup wheat germ
1 1/2 teaspoons grated orange peel
1/4 cup orange juice
1 cup mixed dried fruit, chopped
1 egg, beaten
1/4 cup vegetable oil
1/2 cup applesauce
1/2 cup honey
1/3 cup dry milk powder
3/4 cup whole wheat flour
3/4 cup all-purpose flour
1/4 teaspoon baking soda

Directions:

Preheat oven to 350°F. Grease a 13 x 9x 2-inch pan. In medium bowl, combine cereal, bran, wheat germ, orange peel, orange juice, dried fruit, egg, oil, applesauce, honey, and dry milk powder; blend well. Let set 5 minutes.

In large bowl, stir together whole wheat flour, all-purpose flour and soda. Stir in the first mixture and mix until all ingredients are combined.

Spread batter evenly in pan.

Bake 15 to 17 minutes or until golden. Cool.

Servings: 20 Bars Calories/Serving: 117

Nutrition: One serving (bar) provides approximately: 117 calories; 2 g protein; 21 g carbohydrates; 3 g fat (1 g saturated); 11 mg cholesterol; 2 g fiber; 12 mcg folate; 1 mg iron; 32 mg sodium.

Source: Wheat Foods Council