

Texas Wheat

ENERGY BARS



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INGREDIENTS

- 1 cup bran flakes cereal
- 1/3 cup wheat bran
- 1/4 cup wheat germ
- 1 1/2 teaspoon grated orange peel
- 1/4 cup orange juice
- 1 cup dried fruit, chopped
- 1 egg beaten
- 1/4 cup vegetable oil
- 1/2 cup unsweetened applesauce
- 1/2 cup honey
- 1/3 cup non-fat 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. Lightly grease a 13x9x2 inch pan. In a medium bowl, combine cereal, bran, wheat germ, orange peel, orange juice, dried fruit, egg, oil, applesauce, honey and dry milk powder; blend well. Let sit 5 minutes. In a 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 golden brown. Cool. Cut into 20 bars.

Calories per serving (130); 5g Fat (.5g Sat. Fat); 24g Carbs; 3g Protein; 2g Fiber