

HIGH PROTEIN SNACK BARS

Yield: 24 bars

½ cup non-hydrogenated margarine
1 cup “old-fashioned” peanut butter
2 cups chocolate chips
1 cup wheat germ
1 cup shredded coconut
1 cup chopped nuts
½ cup sesame seeds

In a saucepan over medium heat, melt butter, peanut butter and chocolate chips together. Mix wheat germ, coconut, nuts and sesame seeds in a mixing bowl.

Pour mixture over dry ingredients and mix well. Pat mixture into a greased 9 x 13 inch cake pan. Refrigerate until firm then cut into squares.

Nutritional analysis per bar (25g):

250 calories; 6g protein; 17g carbohydrates; 3g dietary fibre; 20g fat (6g saturated fat); 65mg sodium.

HIGH ENERGY BARS

Yield: 24 bars

½ cup non-hydrogenated margarine
1 cup peanut butter
2 cups chocolate chips
½ cup sesame seeds
1 cup wheat germ
1 cup coconut
1 cup chopped nuts
½ cup sunflower seeds
1 cup raisins

Over medium heat in a large pan, melt the margarine, peanut butter and chocolate chips. Mix well and pour over sesame seeds, wheat germ, coconut, chopped nuts, sunflower seeds and raisins; mix well.

Pour into greased 9 x 13 inch pan and press evenly. Refrigerate before cutting into bars.

Nutritional analysis for 1 bar (53g):

290 calories; 7g protein; 24g carbohydrates; 3.6g dietary fibre; 22g total fat (6g saturated fat); 68mg sodium.

MICROWAVE GRANOLA ENERGY BARS

Yield: 24 bars

½ cup sesame seeds
½ cup sunflower seeds
¼ cup wheat germ
¾ cup honey
¾ cup chunky peanut butter
3 cups oat flakes (or uncooked oatmeal)
½ cup walnuts, filberts or almonds
1/3 cup dried apricots
1/3 cup prunes
1/3 cup raisins

Spread sesame and sunflower seeds in a baking dish and cook uncovered in the microwave on high for 5 min. or until golden brown. Stir seeds several times while cooking. Set aside. Do the same for the wheat germ. Place honey in a 2-quart bowl and microwave on high 2½ min. Add peanut butter and cook 1 min. longer. Combine sunflower seeds, wheat germ, honey mixture, oat flakes, nuts, apricots, prunes and raisins; mix well. Spread half of the sesame seeds in the baking dish. Press the oat mixture into the dish. Sprinkle top with remaining sesame seeds and press firmly. Chill 1 hour. Cut into bars.

Nutritional analysis for 1 bar (46g):

200 calories; 6g protein; 25g carbohydrates; 3g dietary fibre; 9g total fat (1.5g saturated fat); 25mg sodium.

NO NUT GRANOLA BARS

Yield: 15 bars

3 ½ cups quick-cooking rolled oats
1/3 cup packed brown sugar
1/3 cup butter, melted
1/3 cup each corn syrup and honey
½ tsp vanilla
pinch salt
¾ cup dried cranberries
¾ cup dried apricots, chopped
½ cup flaked coconut

Line a 9” square metal cake pan with parchment paper, grease sides and set aside.

In large bowl, stir together oats, sugar, butter, syrup, honey, vanilla and salt; stir in cranberries, apricots and coconut. Press into prepared pan.

Bake in center of 350°F oven for 50-60 minutes or until golden brown and firm to the touch. Let cool completely. Cut into bars.

Nutritional analysis for 1 bar (60g):

202 calories; 3g protein; 37g carbohydrates; 3g dietary fibre; 5g total fat (3g saturated fat); 54mg sodium.

CHEWY FIG GRANOLA BARS

Yield: 24 bars

½ cup brown sugar
 ½ cup soy or canola oil
 ½ cup honey
 1 cup Crisp cereal
 ½ cup wheat germ
 ½ cup flaked coconut
 ½ cup finely chopped almonds
 ¼ cup sesame seeds
 ¼ cup sunflower seeds
 1 cup dried figs, finely chopped

In small saucepan, combine brown sugar, oil and honey. Bring to a boil over medium heat; simmer about two minutes. Preheat oven to 325°F.

In a large mixing bowl, combine all remaining ingredients, except figs, stirring with a spoon or with a mixer dough hook. Stir in sugar mixture until well blended. Add figs. Press mixture firmly into an ungreased 9 x 13 inch baking pan. Bake 20-25 minutes until toasty brown. Cool. Cut into narrow bars.

Nutritional analysis for 1 bar (37g):

160 calories; 2g protein; 21g carbohydrates; 2g dietary fibre; 8g total fat (1g saturated fat); 20mg sodium.

PUMPKIN-OATMEAL BARS

Yield: 24 bars

1/3 cup sugar
 ½ cup canola oil
 1 egg, large
 1 cup canned pumpkin
 1 ½ cups whole wheat flour
 2/3 cup oatmeal
 1 tbsp baking powder
 ½ tsp baking soda
 ¼ tsp *each* ground nutmeg and ground cloves
 1 ½ tsp ground cinnamon
 ½ cup orange juice
 ½ cup chopped walnuts
 ½ cup raisins
 ¼ cup coconut

Cream together the sugar, oil, egg and pumpkin until light and fluffy. Stir in the dry ingredients and orange juice. Add the nuts and raisins. Stir to blend. Pour into a lightly greased 13 x 9 inch baking pan. Sprinkle on the coconut. Bake in 350°F over for 25-30 minutes. Cool pan before cutting into bars.

Nutritional analysis for 1 bar (39g):

129 calories; 2g protein; 16g carbohydrates; 2g dietary fibre; 7g total fat (1g saturated fat); 63mg sodium.

EASY CHUNKY GRANOLA BAR

Yield: 12 bars

1 egg, large
 ½ cup peanut butter
 2 tbsp honey
 2 cups Granola cereal, fruit and nut

Combine egg, peanut butter and honey in a small saucepan. Heat, stirring constantly, until mixture starts to bubble. Remove from heat and add granola. Mix well. Spread evenly in a greased 8-inch square pan. Chill until firm. Cut into bars.

Nutritional analysis for 1 bar (33g):

150 calories; 5g protein; 14g carbohydrates; 1g dietary fibre; 9g total fat (2g saturated fat); 25mg sodium.

NO-BAKE GRANOLA BARS

Yield: 24 bars

2 ½ cups Rice Krispies
 ½ cup raisins
 ½ cup brown sugar
 ½ cup light corn syrup
 ½ cup peanut butter
 1 teaspoon vanilla

In large bowl, combine cereal, oats and raisins; set aside. In medium saucepan, combine brown sugar and syrup. Bring to a boil while stirring constantly. Stir until smooth. Pour over cereal mixture, mix well and pour into a greased 9 x 13 inch pan. Cool. Cut into bars

Nutritional analysis per bar (25g):

90 calories; 2g protein; 17g carbohydrates; <1g dietary fibre; 3g fat (0.5g saturated fat); 45mg sodium.