**POWER BARS**

**Ingredients**

1 c. quick-cooking rolled oats

½ c. whole wheat flour

½ c. wheat and barley nugget cereal (Grape-Nuts)

½ tsp. ground cinnamon

1 beaten egg

¼ c. applesauce

¼ c. honey

3 Tbsp. brown sugar

2 Tbsp. canola oil

¼ c. unsalted sunflower seeds

¼ c. chopped walnuts

1 (7 oz.) bag chopped dried mixed fruit

**Directions**

1. Preheat oven to 325 degrees. Line a 9” square baking pan with aluminum foil. Spray the foil with cooking spray.
2. In a large bowl, stir together the oats, flour, cereal, and cinnamon. Add the egg, applesauce, honey, brown sugar, and oil. Mix well. Stir in the sunflower seeds, walnuts, and dried fruit. Spread mixture evenly in the prepared pan.
3. Bake 30 minutes, or until firm and lightly browned around the edges. Let cool. Use the foil to lift from the pan. Cut into bars or squares, and store in the refrigerator.

Serves 12