



Power Bars

From the kitchen of Tami Braiedy

Ingredients:

- 3 1/2 cups oats (quick or old-fashioned)
- 3/4 cup raisins
- 2/3 cup sunflower seeds
- 1/2 cup toasted sesame seeds
- 1/2 cup wheat germ
- 1/2 cup oat bran
- 3 tablespoons flax seeds (whole or ground)
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 1 cup coconut (can be toasted)

- 1 cup chopped almonds (or walnuts)
- 1 1/2 cups creamy peanut butter
- 1 cup honey
- 4 tablespoons butter
- 1/2 - 1 cup chocolate chips (as desired)

Directions:

1. In a large bowl, combine the first eleven ingredients.
 2. Combine peanut butter, honey and butter in saucepan. Heat over low heat and stir until blended. Add peanut butter mixture to the dry mixture.
 3. Add chocolate chips.
 4. Press mixture firmly into foil-lined 9x13-inch pan (or 11x16 or 17 inch jelly roll pan).
 5. Bake in preheated 350 F oven for 17 minutes (or 15-16 minutes for larger pan).
 6. Cool slightly. Refrigerate until firm (about 2 hours). Cut into bars; store in refrigerator.
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