

Oaty Cranberry-Coconut Energy Bars

-if you don't care for cranberries you can replace them with raisins. You can also omit the coconut if you do not care for that

Ingredients:

½ c. Canola oil
½ c. Agave Nectar (Amber)
2 tsp. Vanilla extract
1 large egg
2 c. Old fashioned Oats
¾ c. Whole Wheat White Flour
¼ c. Splenda Brown Sugar
½ c. slivered almonds, toasted
½ c. toasted Wheat Germ
1/3 c. Cranberries
1/3 c. Unsweetened coconut flakes
¾ tsp. salt

Directions: Pre heat oven to 350°

Step 1: Line a 9 X 13" baking pan with parchment paper or foil, long enough to grip from both 13" sides; about 3" longer than the length of the pan on each side. Lightly spray the liner with canola oil.

Step 2: In a medium bowl, whisk the canola oil, Agave Nectar, vanilla and egg until mixed. Set aside.

Step 3: In another larger bowl, use a fork to mix the remaining ingredients until combined. Use a rubber spatula to stir the Agave mixture into the dry mixture until just blended. Scrape out contents of bowl into the prepared baking pan. Pat mixture evenly into the entire 9 X 13" pan.

Step 4: Bake in pre heated oven for 30 - 35 minutes or until golden at edges. Cool on a rack in baking pan for at least 30 minutes. When cooled grab extended edges of pan liner and remove to a cutting board. Cut into 3 length-wise even strips, then cut long strips into 5 pieces each.