

Hearty Breakfast Bars

(makes 12 bars)

Ingredients:

- 2 large eggs
- 1/2 cup honey*
- 2 Tbsp canola oil
- 1/2 cup pistachios, chopped
- 1/2 cup cashews, chopped
- 1/2 cup mashed banana
- 1/2 cup apples, peeled, cored, diced small
- 2 cups rolled oats
- 1 cup whole wheat pastry or whole wheat flour
- 1/2 tsp cinnamon

Directions:

1. Preheat oven to 350°F.
2. Combine egg, honey, oil, cashews, pistachios, bananas and apples.
3. In a separate bowl, combine oats, flour and cinnamon.
4. Combine wet and dry mixture until dry ingredients are well moistened.
5. Portion mixture with 1/3 cup measure onto greased/parchment-lined cookie sheets about 1/2 inch apart, Shape into bar shapes if desired.
6. Bake 15 minutes or until firm. _____

Nutrition Facts			
Serving size: 1 bar (73g)			
Servings Per Recipe 12			
Amount Per Serving			
Calories	230	Cal. from Fat	80
% Daily Value*			
Total Fat	9g		15%
Saturated Fat	1.5g		8%
Trans Fats	0g		
Cholesterol	30mg		10%
Sodium	15mg		1%
Total Carbohydrate	34g		10%
Dietary Fiber	4g		15%
Sugars	14g		
Protein	6g		
Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4

*Ingredient substitutes for honey may include 1/2 cup light or amber agave nectar; 1/2 cup golden cane sugar syrup; 1/2 cup light or dark corn syrup.

In a pinch, substitute 1/2 cup + 2 Tablespoons granulated sugar plus 2 T. water for 1/2 cup honey. Sweetness intensity and flavors will vary with each sweetener.

Source: Connie Evers, MS, RDN, CSSD, LD

Find out more about Connie and her books and resources at

<http://nutritionforkids.com>