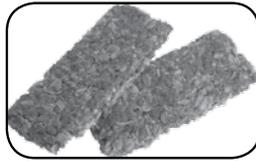


Nut Free Granola Bars

Makes 24 bars (but yields 48 "taste-size" portions)



Ingredients:

2/3 cup brown sugar	1/3 cup flax seed meal
1/3 cup canola oil	2/3 cup sunflower butter
2 tablespoons molasses	1/4 cup rice protein powder, optional
1/4 teaspoon salt	1/3 cup sunflower seeds
1 teaspoon vanilla	3 cups rolled oats
1/4 cup water	

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9" x 13" pan with safe cooking spray, or lightly oil pan with canola oil.
3. In a mixing bowl, combine the brown sugar, oil and molasses; mix well. Add the salt, vanilla, water, sunflower butter, protein powder (if desired); mix well. Mix in the oats and sunflower seeds.
4. Pour mixture into prepared baking pan and press firmly into the bottom of the pan.
5. Bake at 350 degrees for 18 – 20 minutes. Remove from the oven and allow to cool completely.
6. When completely cooled, cut into squares and serve, or keep in an airtight container (they will keep for about a week).

Nutrition facts: One bar provides 150 calories, 9 grams fat, 2 grams carbohydrate, 7 grams sugar, 3 grams protein (without optional protein powder), 25 mg. sodium. For a "taste" portion, nutrients would be approximately half of listed levels.

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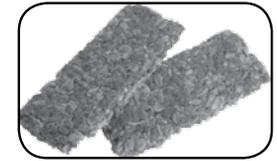
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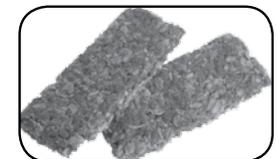
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Nutrition Facts

Serving Size (34g)
Servings Per Container 24

Amount Per Serving

Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 7g	

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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