






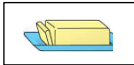

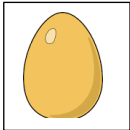


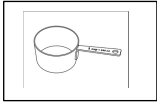






Awesome Granola Bars

Ingredients:	
1 ½ cups instant oatmeal	
½ cup flour	
½ cup shredded coconut	
½ cup dried fruit	
1/3 cup brown sugar	
1 tsp cinnamon	
½ tsp baking soda	
¼ cup melted butter	
½ cup unsweetened applesauce	
1 egg	

Supplies:	
Large bowl	
Large spoon	
Measuring cups	
Teaspoon	
9 x 9" baking pan	

Steps:

1. Preheat oven to 350 degrees F.
2. Stir oats, flour, coconut, fruit, sugar cinnamon and baking soda in a large bowl.
3. In a separate bowl, mix the melted butter, applesauce and egg.
4. Gently stir the applesauce mixture with the rest of the ingredients.
5. Spoon the mixture into a lightly greased 9 x 9" baking pan. Bake for 20 to 30 minutes until lightly browned. Cool before cutting.