

## •Bill Patterson's Chocolate-dipped Deluxe Overnight No-Bake Power Bar

1 cup rolled oats 1/2 cup sesame seeds, toasted and ground 1/2 cup dried apricots; chopped fine 1/2 cup raisins; chopped fine 1 cup shredded unsweetened dried coconut 1 cup almonds; blanched, chopped or sliv 1/2 cup nonfat dried milk powder 1/2 cup toasted wheat germ 2 teaspoon butter or margarine 1 cup white corn syrup or 3/4 cup honey 3/4 cup sugar 1/4 cup chunky peanut butter 1 teaspoon orange or lemon extract 2 teaspoon grated orange or lemon peel 12 oz chocolate chips; 2 cups 4 oz paraffin, food grade or 3/4 cup butter

Toast the sesame seeds in a frying pan for about 7 minutes, until golden, *Ellen's note- then grind coarsely*. Toast the oats in a 300 degree oven in a 10 inch by 15 inch baking pan for 25 minutes, stirring to prevent scorching. Mix the seeds, apricots, raisins, coconut, almonds, dry milk, and wheat germ; mix well. Mix hot oats into dried fruit mixture. Butter the hot baking pan; set aside. In the frying pan, combine corn syrup or honey and sugar; bring to a rolling boil over medium high heat and quickly stir in the peanut butter, orange extract, and orange peel. At once, pour over the oatmeal mixture and mix well. Quickly spread in buttered pan and press into an even layer. Then cover and chill until firm, at least 4 hours or overnight. **DIPPING FOR CHOCOLATE COATING** Cut into bars about 1 1/4 by 2 1/2 inches. Combine chocolate chips and paraffin in to top of a double boiler. Place over simmering water until melted; stir often. Turn heat to low. Using tongs, dip 1 bar at a time into chocolate, hold over pan until it stops dripping , then place on wire racks set above waxed paper. With paraffin, the coating firms very quickly, bars with butter in the chocolate coating may need to be chilled. When firm and cool), serve bars, or wrap individually in foil. Store in the refrigerator up to 4 weeks; freeze to store longer. Makes about 4 dozen bars, about 1 ounce each. Per piece: 188 cal.; 4.4 g protein; 29 g carbo.; 9.8 g fat; 0.6 mg chol.; 40 mg sodium.

## •Getting Even Energy Bars

**1/2 cup oil substitute, fruit based, or 3/4 cup smashed banana 1 cup fructose 2 tablespoon Molasses 4 large egg whites or 2 eggs 1 teaspoon vanilla extract 1/4 cup cocoa; optional 2 cups 10 grain cereal; ground in blender 2 cups flour, unbleached 1/2 teaspoon salt 1 teaspoon baking powder 2 cups chocolate chips; optional 1 1/2 cups chopped nuts; optional** Makes 12 2 ounce bars. 291 calories, 63 grams carbs, 7 grams protein, 2 fat. With add-ins, 562 calories, 99 grams carbs, 15 grams protein, 20 fat. Preheat oven to 350 degrees, grease a 9 inch by 13 inch pan. Mix all the dry ingredients except the add-ins. Cream the oil substitute, molasses and sugar, add the vanilla. Mix with a beater- it gets very thick and sticky. Stir in the add ins. Spread evenly in the pan, bake 25-30 minutes. Cut while still warm. Calories, Fat, Carbs, Protein ~2 oz. Plain Getting Even Bar 291cal, F2g, C63g, P7g 2 oz Sinful Getting Even Energy Bar 562cal, F20g, C99g, P15g 2 oz Power Bar, Original 230cal, F2.5g, C45g, P10g 2.3 oz. Power Bar, Harvest type 240cal, F4.5g, C45g, P7g 2.4 oz. Clif Bar 250cal, F2g, C52g, P4g 3.75 oz. Pemmican Fruit Bar 420cal, F13g, C59g, P17g

## •George's Power Bars-no bake

**1/2 cup honey or molasses 1/2 cup peanut butter, or cashew or almond 1 cup nonfat milk powder, non-instant 1 cup raisins/dried fruit or chocolate ch; optional 1/2 cup shredded coconut; optional** Knead all the ingredients together, adding enough milk powder to form a stiff but not crumbly dough. Shape into 1 inch by 3 inch logs. Roll in optional coconut or confectioner's sugar. Chill.

## •George's Energy Bar- Fruit-filled

**1 cup raisins 1 cup dried blueberries 2 cups chopped dates 2 cups chopped dried apples 2 cups chopped dried apricots 2 cups chopped dried prunes 8 oz almond or peanut butter 1/2 cup sunflower seeds 8 cups rolled oats 12 oz pancake mix (complete)(3 cups) 16 oz honey** Preheat oven to 375 degrees. Grease a large cookie sheet. Knead together all the fruit and the nut butter. Knead in sunflower seeds, rolled oats, and pancake mix. Add honey and knead until blended. Press out onto tin 3/8 to 1/2 inch thick and as even as possible. Using a table knife, press the bar lines into the sheet. Bake about 20 minutes until top is light brown. Freeze very well if individually wrapped and then put in a ziplock. *Ellen notes: boost the protein with 1-2 cups of vanilla protein powder or dried milk.*