

# Recipes

## Bird Bars

**BIRD BARS**

Ingredients:  
3 cups/unsweetened quick oats  
3 cups/100%, whole wheat  
- Dried/unsweetened cranberries  
- Dried/unsweetened raisins  
2 cups/unsweetened almond milk  
1 cup/approximate (one sugar added)  
1/2 cup/unsweetened vanilla yogurt, melted  
1 cup/100%, of the following mix:  
- Dried/unsweetened cranberries  
- Raisins, soaked fruit  
1/4 cup/finely packed brown sugar  
1 teaspoon coconut oil  
1 teaspoon baking soda

**Method**

Preheat oven to 350 F. In large bowl, combine cereals; add other ingredients and mix well. Spray 13 x 9 x 2 inch baking pan with nonstick spray. Bake for 30 minutes (until tester inserted in center comes out clean).

Remove from pan and let cool on rack. Cut into 18 bars. Wrap each bar in plastic and freeze. Break one bar in pieces appropriate to bird size!

This recipe is good for people too!

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