

# Recipes

## Bird Bars

### **BIRD BARS**

Ingredients:  
3 cups crushed graham cracker  
3 boxes TOPAL, other cereals  
1/2 cup melted butter  
1/2 cup applesauce (no sugar added)  
1/2 cup melted coconut margarine, melted  
1 cup TOTAL of the following mix:  
2 cups white chocolate  
1/2 cup white marshmallows  
1/4 cup finely packed brown sugar  
1 teaspoon coconut  
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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