

Recipes

Bird Bars

BIRD BARS

Ingredients:
3 cups crushed gink nuts
3 boxes TOSTA, other cereals
- Dried wheat crumbs
- 6 cups cereal
- 1 cup melted apricot milk
- 1 cup apricotose (no sugar added)
- 1/2 cup melted carob (optional, method)
1 cup TOSTA, of the following mix:
- 2 cups wheat (optional)
- Raisins, dates, dried fruit
- 1/4 cup finely packed brown sugar
- 1 teaspoon cinnamon
- 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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