

Recipes

Bird Bars

BIRD BARS

Ingredients
1/2 cup quick-cooked oats
2 ounces TOTAL other cereals
1/2 cup shredded wheat crumbled
1/2 cup whole wheat flour
1/2 cup evaporated milk (no sugar added)
1/2 cup brown sugar (no molasses added)
1/2 cup TOTAL of the following mix:
1/2 cup raisins, dates, dried fruit
1/2 cup dried cranberries or brown sugar
1/2 teaspoon cinnamon
1/2 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 16 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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