

Mr. Jones Fruit and Nut Trail Bars



Bottom Mixture

1/4 Cup Canola Oil
1 Cup Butter
1 Cup Brown Sugar
1 Cup Slow Oats (old fashioned oats)
3/4 Cup Whole Wheat Flour
1 Cup Unbleached White Flour
1/2 Cup Wheat Germ
2 TBSP Grated Orange Peel
2 Tsp Cinnamon

Top Mixture

4 Eggs, Beaten
2 Cups Lightly Chopped Almonds
1 1/8 Cups Chocolate Chips (6 oz)
1/2 Cup Chopped Dates or dried plums
1/2 Cup Chopped Dried Apricots
1/2 Cup Shredded Coconut
1/2 Cup Brown Sugar

Directions:

1. Preheat oven to 325 degrees.
2. In a bowl, cream the butter with the brown sugar and oil.
3. Stir in the oats, wheat flour, white flour, wheat germ, orange peel, and cinnamon.
4. Press the mixture into the bottom of an ungreased 9×13 inch baking pan.
5. Put the eggs in a mixing bowl, then mix the other ingredients for the top mixture together and spread evenly over the bottom mixture.
6. Bake 35-37 minutes and cool slightly before cutting into bars.

Yield: 20@ 3 ounce bars.

Nutrition Information per 3 ounce bar

Calories per 3 ounce bar: 471
Calories from Fat 215
Total Fat 24g
Saturated Fat 9g
Poly-unsaturated Fat 2g
Mono-unsaturated Fat 4g
Cholesterol 67mg
Sodium 99mg
Total Carbohydrates 58g

Dietary Fiber 4g

Sugars 38g

Protein 7g