

Sunflower Power Bars (4 servings)

- 3 cups of sunflower kernels
- 2 cups of flaked coconut
- 1 cup of rice crisp cereal
- 1 cup of packed brown sugar
- 1 cup of light corn syrup
- 1 cup of peanut butter

Instructions:

Combine the sunflower kernels, coconut flakes and rice crisp cereal in a large bowl.
Combine brown sugar and syrup in a saucepan, bring to a boil and stir for 1 minute.
Remove from heat; stir in peanut butter until well blended.
Pour over sunflower mixture; stir until well coated.
Press into a greased 13"x9"x2" pan.
Cool; cut into bars.

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Super Power Bars (2 servings)

- 1/2 cup margarine
- 3/4 cup brown sugar
- 1/2 cup oats
- 1/2 cup unsifted whole wheat flour
- 1/2 cup unsifted white flour
- 1/4 cup toasted wheat germ
- 2 tsp orange rind
- 2 eggs
- 1 cup blanched almonds
- 1/4 cup coconut
- 1/2 cup chocolate chips

Instructions:

Combine margarine, 1/2 cup brown sugar, oats, flour, wheat germ, and orange rind.
Put into ungreased 8" x 8" pan.
Beat eggs with 1/4 cup brown sugar, nuts, raisins, coconut, and chocolate chips.
Pour over base. Bake at 350 degrees for 30-35 minutes.
Cool. Cut into bars.
Wrap and store in refrigerator until ready to use.

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Trail Bars (8 servings)

4 cups old-fashioned rolled oats
1/2 cup wheat germ
1/2 cup mini semi-sweet chocolate chips
1-1/2 tsp cinnamon
1/2 cup unsalted butter
1/2 cup honey
1/2 cup brown sugar
2 cups dried blueberries

Instructions:

Preheat oven to 350 degrees F.

Coat 9x13-inch baking dish with non-stick cooking spray.

In large bowl, stir together oats, wheat germ, chocolate chips and cinnamon.

In small saucepan, melt butter with honey and brown sugar over low heat, stirring occasionally, until sugar is dissolved.

Pour butter mixture over oat mixture and toss to combine well. Spread evenly in bottom of baking dish.

Bake for 30 minutes. Stir in Just Blueberries and bake for an additional 15 minutes, or until golden brown.

Remove from oven. Cool completely, stirring occasionally.

Store in airtight container.

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LOGAN BREAD (makes 24 2.5 inch squares)

*Traditional Mountain Climber's fare

(1st ingredients)

7 cups whole wheat flour
3/4 cup brown sugar
1/2 cup dry milk powder
1/2 tsp salt
1 tsp baking powder
1 tsp cinnamon
1 tsp nutmeg
1/2 cup chopped nuts
1 cup raisins, craisins or other dried fruit

(2ed ingredients)

2 cups water
3/4 cup honey
3/4 cup molasses
3/4 cup melted butter or margarine

Instructions:

Mix 1st ingredients together.

Stir 2ed ingredients into the 1st until you get a stiff dough.

Smash into a 11x17 greased pan 1" high.

Bake for 1 hour at 300 degrees F.

Then turn the oven down to 200 and open the oven door the least amount you can so it still stays open, and thus let it dry out/bake for 2 more hours.

Note: This energy-packed backpacking recipe, a classic originally used by climbers, is very dense so it resists smashing.

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Oat Cakes (8 servings)

½ tsp baking soda

1 cup boiling water

1cup white sugar

2 cups rolled oats

2 cups flour

1tsp baking powder

1 tsp salt

2 cups bran

1 ¼ cup shortening

Instructions:

Combine ½ tsp baking soda, 1 cup boiling water and set aside to cool.

Combine 1cup white sugar, 2 cups rolled oats, 2 cups flour 1tsp baking powder, 1 tsp salt, 2 cups bran, cut in 1 ¼ c shortening.

Add the cooled water and soda mixture.

*Mixture should be sticky, but not wet.

Roll out thin, cut into desired shapes and bake at 400 F for 10 min.

Comments:

Will keep for weeks if kept dry.

Serve with honey or jam.

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