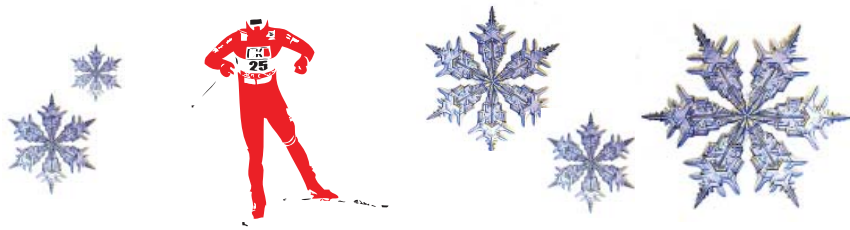


NORDIC SKIER ENERGY BAR RECIPE CONTEST



Fruit and Nut Energy Bars

Lisa Sheldon Family, Mt Greylock Nordic Ski Team
3rd Place

4 C old fashioned rolled oats	3 eggs
1 C all purpose flour	4 tsp vanilla extract
1 C whole wheat pastry flour	½ C raisins
1 C raw wheat germ	1 C dried cranberries
2 tsp baking soda	½ C dried apples, chopped finely
1 tsp sea salt	1 C walnuts, chopped
2 ½ tsp cinnamon	3 C corn flakes
1 ½ C brown sugar, packed	Preheat oven to 325 degrees and line one 11 x 16 sheet pan with parchment that has been sprayed with cooking oil spray.
1 C olive oil	
1 C honey	

In a large bowl combine first 7 ingredients. Make a well in the center.

In a separate bowl combine brown sugar, olive oil, honey, eggs, and vanilla.

Whisk until smooth.

Add the wet ingredients to the dry and mix by hand. Add the fruit, nuts and corn flakes, mix until evenly distributed.

Press the mixture into the prepared pan. Bake at 325 degrees for 25-30 minutes or until the edges are lightly browned.

Cool completely in the pan on a wire rack. Then invert the pan on to a cutting board and cut into bars.



**"I am the master of my fate:
I am the captain of my soul."**

from Invictus
by William Ernest Henley

