# Energy Bars

A chewy oatmeal chocolate chip granola bar
Yield:

36 Bars
Ingredients:

9 1/2 cups quick-cooking rolled oats
2 cups brown sugar
1 cup (2 sticks) butter
1/2 cup corn syrup
1/2 cup unsweetened flaked coconut
1/2 cup semi-sweet chocolate chips
1/2 cup raw sunflower seeds
1/4 cup goldren ground flaxseed
1/4 cup raw sesame seeds
1/4 cup water
Instructions:

1.
In a large bowl, mix oats and brown sugar. Melt butter in a small pan
or bowl, and add corn syrup to butter. Stir butter mixture into oat
mixture and mix well.

2. Add remaining ingredients and stir well. Grease two baking sheets
(11×15-inch) and divide mixture evenly on both sheets, pressing flat
with a pancake turner.

3. Bake at 350 degrees for 18 minutes, until edges are lightly browned. Remove sheets from oven and place on wire racks. Cut after 6
minutes (set timer!) with a pizza cutter, using a butter knife to cut

the edges that the pizza cutter won’t get. Cover with a clean towel
while cooling.

Store energy bars in an airtight container or bag. These keep well, but will get more crumbly after a week or so, so freeze any extras that won’t be eaten within 7-10 days.



Homemade Energy Bars

This recipe was taken from Tammy’s Recipes.