

Big Sur Power Bar Recipe



www.GlendaBellYoga.com

530-409-2997

Ingredients

1 tablespoon coconut oil (or regular butter - used to oil pan)
1 cup pecans, chopped
1 cup slivered almond (or any combination of nuts you like)
2/3 cup unsweetened dried shredded coconut
1 1/4 cups rolled oats
1 1/2 cups unsweetened crisp brown crispy rice cereal
(not puffed rice cereal! - Barbara's makes a good one)
1 cup brown rice syrup
1/4 cup natural cane sugar
1/2 teaspoon fine-grain sea salt
2 tablespoons ground espresso beans (I don't usually add these)
1 teaspoon pure vanilla extract

Directions

Preheat oven to 350 degrees.

Grease a baking pan with the coconut oil.

If you like thick power bars, opt for an 8 by 8-inch pan; for thinner bars, use a 9 by 13-inch pan.

On a rimmed baking sheet toast the pecans, almonds, and coconut for about 7 minutes, or until the coconut is deeply golden. Toss once or twice along the way. Mix the oats, toasted nuts, coconut, and the cereal, together in a large bowl and set aside.

Combine the rice syrup, sugar, salt, espresso (opt.), and vanilla in a small saucepan over medium heat and stir constantly as it comes to a boil and thickens just a bit, about 4 minutes. Pour the syrup over the oat mixture and stir until it is evenly incorporated.

Spread into the prepared pan and cool to room temperature before cutting into whatever size bars you desire