

HIGH ENERGY TRAIL MIX BARS

INGREDIENTS:

50 mL	corn syrup
60 mL	brown sugar
25 mL	peanut butter
40 mL	soft margarine or butter
2 ml	maple or vanilla
300 mL	oats (250+25+25)
60 mL	coconut
20	roasted almonds, chopped
25 mL	dried cranberries, chopped
30 mL	roasted and salted sunflower seeds
15 mL	pumpkin seeds
15 mL	roasted sesame seeds
15 mL	flax seeds
25 mL	mini chocolate chips

METHOD:

1. Preheat oven to 375 F.
2. In a medium bowl mix together the oats, coconut, almonds, cranberries and all the seeds.
3. Place the corn syrup, butter, brown sugar, peanut butter and vanilla in a small pot and bring to the boil for 1 min.
4. Pour the warm butter/sugar mixture over top of the oats and stir with a fork to mix really well. Fold in the mini chocolate chips at the very end once the mixture has cooled a bit so they don't melt. Mixture will be a little bit crumbly.
5. Press the mixture VERY FIRMLY and evenly into an ungreased loaf pan and bake for 25 mins at 375 F till evenly browned on top.
6. Cool in pan for as long as possible till completely cold or put in fridge or freezer to speed up the process. Once cool cut into bars and store in an airtight container at room temperature to grab for breakfast on the go.

WAKE UP SUNSHINE SMOOTHIE

½	banana
125 mL	milk
125 mL	vanilla yogurt
100 mL	orange juice (or any other juice)
250 mL	mixed frozen fruit

Place all ingredients in a blender and use ice crush setting first and then liquefy until the product is as smooth as possible.