



Mountain Mat's Own Healthy Hiking Power Bar Recipe

Ingredients:

- 1 cup shredded coconut (I used the sweetened kind)
- 1/2 cup butter
- 3 Tbsp brown sugar
- 1 egg
- 1/2 cup molasses
- 1/2 tsp vanilla
- 1/2 cup whole wheat flour
- 2 Tbsp vital wheat gluten
- 2 cups rolled oats (not the quick cook kind)
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 cup flax seed (ground)
- 1/2 cup raisins (or Craisens, if you feel crazy)
- 1/2 cup pecans (or any nut you like)
- 1/4 cup mini chocolate chips

Directions:

3. Preheat oven to 350 degrees. Spray 9 inch square baking pan (or whatever you have)
4. In large bowl, cream together butter and sugar. Mix in egg, molasses, and vanilla. Dump everything else in and mix together.
5. Spread in pan and bake for about 30 minutes. Let cool, then cut into bars.

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