

Morning Glory Fruit & Nut Bars

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In large bowl mix:

- 1 cup bran buds cereal
- $\frac{3}{4}$ cup orange juice – no sugar added

Add:

- $\frac{1}{2}$ cup dark molasses
- 1 tsp vanilla
- $\frac{1}{2}$ cup buttermilk
- $\frac{1}{4}$ cup sour cream

Grate or chop in the Food Processor or Stick Blender and then add to the mixture:

- 1 carrot
- 1 apple or zucchini

Then add 2 eggs.

Combine and then add:

- $\frac{1}{2}$ cup fresh ground all purpose flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp baking soda
- 1 tsp sea salt

- 1 tsp nutmeg
- 1 cup chopped walnuts or pecans
- ½ cup flax meal
- ½ cup coconut

Chop with Stick Blender or Food Processor 1 cup raisins or cranberries. Add as the final touch and mix well.

Spray bread pans & fill about ½ full. Bake at 350°-375° for 20-25 minutes.

Take out of oven just before you think it's done. Let cool for just a few minutes and then cut with a sharp tool such as an ulu. Cut quickly, don't saw. Place bars immediately into open sandwich bags until cool, then place bagged bars into larger bag and freeze or refrigerate. These can also be baked in muffin pans.