

Homemade Power Bars

Dry ingredients

3 cups	quick-cooking oats (not instant)
1 cup	chopped dried apricots or any dried fruit
2 tbsp	sesame seeds
4 tbsp	sunflower seeds
4 tbsp	pumpkin seeds
2 tbsp	almond slivers
2 tbsp	ground flax seeds
4 tbsp	coconut
1 tsp	cinnamon

Wet Ingredients

½ cup	butter, cold-pressed walnut oil, or coconut oil
¾ cup	maple or agave syrup
¾ tsp	Celtic sea salt
1 tsp	lemon zest
1 ½ tbsp	molasses
2 tsp	vanilla

Heat oven to 350°F. In a large bowl, combine all dry ingredients and set aside. In a large heavy saucepan, heat oil or butter and stir in wet ingredients. Bring to a boil over medium heat, stirring frequently. Remove from heat and stir in dry ingredients, mixing well. Turn into 13x19in baking pan and press mixture to form an even layer. Bake for 20 minutes. Cut into bars while still warm and allow to cool. Keep refrigerated.

Adapted from "Cancer-free living" by Sally Errey, Alive Magazine; April 2004.

Nutritional Value of Select Ingredients

Oats – This grain is a great source of complex carbs, and is high in protein and fibre. They can help normalize blood sugar levels, and are good for a sluggish thyroid. Oats are high in tryptophan, iron, and phytochemicals.

Coconut oil – The oil from the coconut are monosaturates of the omega 7 family. Tropical oils have been part of a healthy tropical lifestyle for thousands of years, and are very stable for cooking.

Agave Syrup – This sweetener is 90% fructose, therefore has a low glycemic index and is a delicious and safe alternative to table sugar. Agave syrup comes from the agave plant, the same one that is used to make tequila. It requires no processing, so does not contain added chemicals.

Blackstrap Molasses – A by-product of the sugar refining process, molasses contains 50% sugar, as well as the minerals and vitamins separated during refining. Rich in iron and minerals, it is a great natural sweetener.

Sesame Seeds – By weight, sesame seeds are higher than liver in iron. They are also high in calcium, magnesium, protein, fibre, other vitamins and minerals, and EFA's.

Pumpkin Seeds – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also antiparasitic and used to combat intestinal worms.