

Cherry Chocolate Breakfast Bars

Yields: 12 bars

Ingredients:

- ¼ cup whole wheat flour
- ¼ cup rolled oats
- ¼ cup wheat germ or bran
- ¼ cup unsweetened shredded coconut
- ½ tsp. salt
- ½ tsp. baking powder
- 1 cup chopped dried sour cherries
- ½ cup chopped bittersweet chocolate
- ½ cup chopped, toasted pecans
- 3 ounces (¾ stick) unsalted butter, melted
- ½ cup light brown sugar
- 2 eggs
- 1 ½ tsp. vanilla extract



Directions:

1. Preheat oven to 350 degrees F. Line an 8x8" pan with parchment paper, letting the sides hang over like a sling. (This will make removing the bars easier).
2. In a large bowl, whisk together the dry ingredients to combine. Stir in dried cherries, chocolate and nuts.
3. In a medium bowl, whisk together the wet ingredients to combine. Pour them into dried ingredients and stir to combine thoroughly.
4. Spread evenly in the pan, and bake for 30 to 40 minutes. The bars should feel set and firm in the center, with browned edges.
5. Let cool for about 10 minutes, then remove from the pan and cut while still warm. Cool and store in an airtight container for up to a week or so, or wrap tightly and freeze for up to a couple months.

Nutrition Info Per Serving: Calories 273; Fat 13.7g; Carbohydrates 36.2g; Fiber 3.7g; Protein 4.5g; Sodium 107mg

****Cherries are a good source of vitamin C and potassium. Sweet cherries include the Bing, Rainier and Sweetheart varieties, and are mainly sold fresh. There are also sour varieties grown that are typically canned, frozen or dried. This recipe calls for dried tart cherries.****