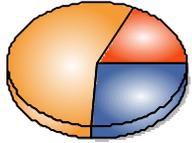




Tropical Dream Bars

Recipe grams: 1176.99g/41.5oz

Serves 24 49.04g/1.7oz per serving



Protein: 9%
 Carbohydrates: 67%
 Fat: 23%

INGREDIENTS

- 1 large EGG WHITE, CHICKEN, RAW, fresh
- 1 large EGG, CHICKEN, RAW, whole, fresh
- 1/2 cup HONEY, STRAINED OR EXTRACTED
- 1/2 cup MILK, COW'S, WHOLE, EVAPORATED, can
- 1 cup WHOLE WHEAT FLOUR
- 1 cup ROLLED OATS, WHOLE WHEAT, RTE, presweetened, single brand
- 1/2 cup MILK, COW'S, NONFAT, DRY (SKIM), instant w/o added Vit-A
- 1/2 cup WHEAT GERM, CRUDE
- 4 oz COCONUT MEAT, DESICCATED, UNSWEETENED
- 8 oz MIXED FRUIT, DRIED, prune, apricot, pear, dried
- 3/4 cup GRAPE-NUTS, RTE, 1 NLEA serving
- 3/4 cup DATE, NATURAL & DRY, domestic, pitted, chopped

DIRECTIONS

Preheat oven to 350° C

If a crust is being used, combine nuts or Grape nuts cereal in a food processor with dates.

Process until well combined. Press into the bottom of an 8 x 8 baking pan. Bake in the oven for ~ 10 minutes while preparing mixtures.

Combine dry ingredients and whip together wet ingredients in separate bowls. Make a well in the center of the dry ingredients and pour in the wet mixture. Mix just until combined. Fold in fruit.

Remove crust from oven and layer mixture over the top. Do not press down. Return to oven and bake for 7 minutes.

Allow to cool completely before cutting.

Nutrition Facts	
Serving Size: 1 serving (49.0g)	
Servings: 1	
Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 55mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	15%
Sugars 12g	
Protein 4g	
Vitamin A 6%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	