Gluten-Free Power Bars

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These bars are nutritious, delicious, and quite popular with the Lincoln, NE celiac support group and their families. They can be adapted to suit your taste and dietary restrictions. Plus they are a great snack or quick breakfast while traveling!

Adapted from a Lincoln Journal-Star *recipe by the Celiac Sprue Association, Star City Chapter #40, Lincoln, Nebraska.*

Cereal Mixture:
2-1/2 cups of gluten-free (GF) cereal
2 cups toasted nuts (peanuts, almonds, mixed or soy nuts)
3/4 cup GF corn flakes
1 cup dried fruit (raisins, cranberries, cherries, apricots) (GF)
1 tablespoon ground flaxseed

Caramel Mixture:
1/2 cup peanut butter
1/2 cup brown sugar
1/2 cup light corn syrup
1 teaspoon GF vanilla

Grease a 9 x 13 baking pan. In a large bowl, moderately crush gluten-free cereal. Add toasted nuts, dried fruit, and flaxseed. Set aside. In a medium saucepan, stir peanut butter, brown sugar, and corn syrup over LOW heat. Keep stirring until the mixture just starts to boil. (This may take time but once it starts to boil, remove from heat.) Stir in vanilla. Pour over cereal mixture and gently combine until the cereal mixture is coated well. Pour into the pan. Press evenly using your hands. Cool. Cut into squares and wrap individually in plastic wrap. Proper wrapping will maintain freshness for weeks. Place in a zip-top plastic bag.

Possible gluten-free choices: Always check ingredients on labels. Manufacturers can change ingredients at any time.

- Enjoy Life Perky's Crunchy Flax (contains sorghum — shown in picture)
- Nature's Path Corn Flakes or Mesa Sunrise cereal
- EnviroKidz Gorilla Munch, Koala Crisp, Leapin' Lemurs cereal
- General Mills Rice Chex, Corn Chex, Honey Nut Chex
- Frontier alcohol-free vanilla
- Authentic Foods vanilla powder
- Jif, Skippy or Peter Pan peanut butter
- C & H brown sugar
- Karo light corn syrup

This publication is made available through a grant from the Nebraska Grain Sorghum Board. For more information about sorghum — where to purchase, recipes, and more — call the Sorghum Board at (402) 471-4276 or email sorghum.board@nebraska.gov

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