



Berry Cherry Power Bar



Grains

HACCP Process Category 1

USDA Foods Recipe

Ingredients	120 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled Oats 		3 qt			<ol style="list-style-type: none"> 1. Pre-heat oven to 350°. 2. Spray 1 full-sized sheet pan (18 x 26) with cooking spray. 3. Mix oatmeal, whole wheat flour, dried cherries, raisins, rice cereal, brown sugar, sunflower seeds, and cinnamon in a large bowl. 4. Drain and rinse frozen blueberries, mix in. 5. In a separate bowl, whisk together the applesauce, honey, eggs and vanilla. 6. Pour into oat mixture. Stir until all is incorporated. 7. Press into sheet pan. Make sure bars are even. 8. Bake in oven for 20-25 minutes. 9. Cool completely. 10. Cut with pizza cutter long ways like a granola bar.
Whole wheat flour 		2 qt			
Cherries, dried 		2 qt			
Raisins or dried cranberries 		1 qt 2 cups			
Crispy rice cereal		1 qt 2 cups			
Brown sugar		1 qt 2 cups, packed			
Sunflower seeds		2 cups			
Cinnamon, ground		½ cup			
Blueberries, frozen 		1 qt 2 cups			
Applesauce, unsweetened 		1 qt 2 cups			
Honey		1 qt			

Eggs, whole, frozen 		1 cup			Notes: <ul style="list-style-type: none"> • Optional: use frozen strawberries to replace the blueberries or mix the two together. • Shape of bar should be rectangular. • Can be frozen, packaged, and wrapped individually to be served at another time.
Vanilla extract		½ cup			

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Serving Size	1 Serving Provides	Yield
1 bar (2 x 3 inches)	1 oz eq. whole grain and ¼ cup fruit	120 servings

Nutrients Per Serving

Calories	204	Sodium	17 mg	Vitamin A	245.7 IU
Total Fat	1.91 g	Carbohydrates	45.51 g	Vitamin C	1.54 mg
Saturated Fat	0.25 g	Dietary Fiber	2.59 g	Calcium	27.9 mg
Trans Fat	0 g	Protein	3.13 g	Iron	1.51 mg
Cholesterol	8 mg	Calories from Total Fat	8.44%	Calories from Saturated Fat	1.10 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

