

Item Name: *JASONS CHEWY BLUEBERRY PACK BARS*

Menu: **Snack**

Ingredient	Quantity	Measure	Notes	Item #'s
Oats, Kettle	1.5	Cups	Quaker ONLY!!!	
Sugar, Cane, Granulated	1/2	Cup		
Flour, OAT	1/4	Cup	Made by processing oats	
Cinnamon, Ground	1	Tsp		
Vanilla, Paste	1	Tbsp		
Sunflower Seed Butter	1/2	Cup		
Honey, Clover	1/4	Cup		
Seeds, Sunflower, Roasted	1/2	Cup		
Seeds, Pumpkin (pepita)	1/2	Cup		
Seeds, Chia, Toasted	1/4	Cup		
Seeds, Flax, Golden, Toasted	1/4	Cup		
Blueberries, Dried	1.5	Cup		
Water, Tap	1/4	Cup		

**Setup Instructions:**

- 1 - Preheat the oven to 350 degrees (convection oven, fan on high)
- 2 - Add all ingredients into a large mixing bowl, MIX WELL to distribute the honey and nut butter
- 3 - Parchment line a small cookie sheet pan, place the granola bar mix on the pan and pack well
- 4 - Bake for 25-35 minutes or until golden brown
- 5 - Allow to cool partially and cut into 25 equal sized pieces. Store covered. DO NOT REFRIGERATE

**ALLERGY INFORMATION:**

**CONTAINS: WHEAT/GLUTEN - CONTAINS OATS**

