

# Ferraro's Cucina

## Fruit & Honey Energy Bars

### Ingredients

4 cups **Raw Oats**

1/4 cup **Wheat Germ**

1/2 cup **Berry Sugar**

1 1/2 tablespoons **Honey**

4 oz **Mixed Dried Fruit**

Mango, Apricots, Papaya,  
Pineapple, Cherries, Coconut  
(roughly chopped)

8 tablespoons **Unsalted Butter**



### Preparation

- Preheat oven to 350 degrees. Line a baking pan with parchment paper.
- Put the oats, sugar, honey and wheat germ into a large bowl.
- Add the chopped dried fruit and stir well.
- Melt the butter in a pan, then pour into the mixture and mix thoroughly.
- Turn the mixture onto the lined pan and spread evenly pressing down firmly with the back of a spoon
- Bake for 15 to 20 minutes or until golden brown.
- Let cool in the pan, then cut into squares.



*We have all the fresh ingredients for this recipe!  
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