

The Amazing Whatever Bar

By Diane Kuehn

With the crisis we have at hand, finding recipes that can work using limited supplies is difficult. This gluten free recipe is a delicious and easy treat, even when some of the ingredients are replaced with whatever is in the pantry. If you need to switch one ingredient for another, try to find a replacement that is somewhat similar and use the same amount listed below (e.g., $\frac{1}{4}$ c. millet flour plus $\frac{1}{4}$ c. tapioca starch could be used to replace the $\frac{1}{2}$ c. GF flour mix). If you are out of eggs or egg replacer, use the following egg replacer* instead: whisk together 1 T. bean flour or quinoa flour (7.5 g), 2 T. starch of choice (e.g., tapioca, potato; 15 g), $\frac{1}{4}$ t. unflavored, powdered gelatin or agar (1 g), and 2 T. water (30 ml). Let this mixture rest at room temperature for 2 minutes before using in the recipe below. Enjoy and stay healthy!

Ingredients:

- 2½ c. plain GF cereal of choice (flakes or o's; 120-130 g)
- ½ c. GF flour mix (64 g)
- ½ c. shredded coconut (optional; 30 g)
- ¼ c. rolled oats or quinoa flakes (25 g)
- ½ c. whole, raw almonds or other nuts or seeds (optional; 80 g)
- 1 egg or egg replacer
- ¼ c. olive oil or other neutral-flavored oil (60 ml)
- ½ c. honey, maple syrup, or corn syrup (167 g)
- ¼ c. raisins or other dried fruit (35 g)
- ¼ c. dried cranberries or other dried fruit (30 g)
- ¼ c. chocolate chips (optional; 45 g)



Preheat oven: 325° F/163° C

Directions:

Step 1. Place the cereal in a large mixing bowl. Use the rounded bottom of a large spoon to partially crush the cereal (don't crush it too much – you want some larger pieces too).

Step 2. Add the GF flour mix, coconut, and rolled oats or quinoa flakes to the mixing bowl. Roughly chop the whole almonds; add them to the mixing bowl as well. Stir all the ingredients together with a rubber spatula.

Step 3. Add to the mixing bowl the egg or egg replacer, oil of choice, and honey or syrup. Stir well to completely combine the ingredients in the mixing bowl.

Step 4. Add the raisins, dried cranberries, and chocolate chips; stir well to combine.

Step 5. Line a 13" x 9" (33 cm x 23 cm) baking pan with parchment paper (note: the parchment paper needs to extend a little over two opposite sides of the pan). Pour the mixture into the pan and spread it out, pushing down on it with the rubber spatula to compact it evenly in the pan to about $\frac{3}{4}$ -inch (2-cm) thick.

Step 6. Place the pan in the oven. Bake 27-30 minutes till golden brown.

Step 7. Remove the pan from the oven. With oven-safe gloves on to protect your hands, grasp the two opposite ends of the parchment that extend over the edge of the pan, and carefully lift the bars out of the pan. Place the bars on a cutting board (leave the parchment in place underneath), and let cool for 20 minutes. After 20 minutes, slice into bars with a large, heavy knife. Cool to room temperature completely before eating.

*Note: This egg replacer makes slightly more than the equivalent of one large egg; if using in other recipes, use only 4 T. of it to replace one egg.