



CAPTAIN COOK'S MAPLE CAROB GRANOLA BARS

These bars are absolutely delicious. They are a great addition to your kids' lunchbox. They are a much healthier alternative to store bought granola bars. Carob is a great substitute for chocolate since it is naturally sweet and contains no caffeine. You can generally find it in the bulk section at small grocers like Henry's and Frazier Farms.

- 2 C organic oats
- $\frac{3}{4}$ C organic brown sugar
- $\frac{1}{4}$ C wheat germ
- 1 teaspoon cinnamon
- $\frac{1}{2}$ C organic white flour
- $\frac{1}{2}$ C organic wheat flour
- $\frac{1}{2}$ C carob chips
- $\frac{3}{4}$ teaspoon sea salt
- $\frac{1}{4}$ C organic maple syrup
- 1 organic egg, beaten
- $\frac{1}{2}$ C oil
- 2 teaspoon organic vanilla

1. Preheat oven to 350
2. Grease 8 x 8 baking dish
3. In large bowl mix together oats, brown sugar, wheat germ, cinnamon, flours, carob and salt.
4. Make a well in center, pour in beaten egg, maple syrup, oil and vanilla.
5. Mix well.
6. Pat mixture evenly into baking dish.
7. Bake for 25-30 minutes
8. Cool for 5-10 minutes and cut into squares.
9. Yields 9 bars