

GASP Energy Bars

*Richard Berard's energy bars are a popular on the Great Annual Saskatchewan Pedal.
Here's the recipe*

- 1 cup peanut butter
- 1 egg
- 1/3 cup margarine
- 1 tsp vanilla
- ½ cup corn syrup
- ½ cup raisins
- ½ cup brown sugar
- 1/3 cup wheat germ
- 3 cups rolled oats
- 1 cup chocolate chips
- ½ cup sunflower seeds
- 1/3 cup unsweetened coconut

Preheat oven to 350 degrees F (180 degrees C). Cream peanut butter and margarine. Beat in corn syrup, brown sugar, egg and vanilla-stir in other ingredients. Place in a greased 9x13" pan and bake for 20 minutes. Cut into squares while still warm.