



For the Health of It, Kid Approved

John C. Stalker Institute of Food and Nutrition
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Recipe Contest



Recipe Title: Chocolate Chip Sunny Bars

Recipe Category: Grains and Bread/Desserts

Ingredients	Weight / Measure	Directions
Sunflower seed butter	1 1/4 cups	<p>In a mixing bowl, with a hand mixer, cream sunflower butter, brown sugar and granulated sugars together. Add beaten eggs, applesauce and vanilla; mix well.</p> <p>In a separate mixing bowl, with a hand tool, mix flour, baking powder, salt and oats together.</p> <p>Add the flour mixture to the sunflower mixture; mix well with a hand mixer.</p> <p>Fold in three quarters of the chocolate chips.</p> <p>Turn out batter onto half sheet pan (12x16 inches) that has been sprayed with non-stick cooking spray.</p> <p>Spread batter evenly and sprinkle with remaining chocolate chips.</p> <p>Bake at 325°F in a pre-heated convection oven for 15-20 minutes or until pick inserted comes out clean. If using a standard oven, increase temperature to 350°F using the same cooking time.</p> <p>Let cool completely. Cut into 50 1.75-inch x 2-inch bars.</p>
Sugar, brown, packed	2 1/2 cups	
Sugar, granulated	1 1/4 cups	
Eggs, large, fresh (well beaten)	1 1/4 cups or 6 eggs	
Applesauce, canned, sweetened	1 2/3 cups	
Vanilla extract	1 tablespoon	
Flour, all purpose	3 3/4 cups	
Baking powder	1 teaspoon	
Salt	1 teaspoon	
Rolled oats	2 1/2 cups	
Semisweet chocolate chips	2 1/2 cups	

Submitted by: Wendy Chamberlain, Ipswich Public Schools
Adapted from: Developed in the Doyon Memorial School Kitchen

Serving: 1 each

Yield: 50 Servings

Volume:

Nutrients Per Serving

Calories 266	Carbohydrate 42.23g	Saturated Fat 3.08g	Vitamin A 33 IU	Iron 1.47mg	Sodium 315mg
Protein 5.38g	Total Fat 9.4g	Cholesterol 25mg	Vitamin C 0.18mg	Calcium 54.2mg	Dietary Fiber 2.1g

