**Marronthon Bars**

**Ingredients:**

\*1/2 cup steel-cut oats

\*1/2 cup apricots (finely chopped)

\*1/2 cup dried cherries (roughly chopped)

\*1/2 cup dried goji berries (roughly chopped)

\*1/2 cup unsweetened shredded coconut (optional)

\*1/4 cup shelled hemp seeds

\*1/4 cup blanched almonds (chopped)

\*1/4 cup nonfat dry milk powder

\*1/4 cup toasted wheat germ

\*1/4 cup semisweet chocolate baking chips

\*1/4 cup agave syrup

\*1/4 cup honey

\*1/3 cup turbinado sugar

\*1/2 cup plus 2 tbsp chunky peanut butter

\*1/2 tsp orange extract

\*1 tsp orange zest

**Directions:** Coat the inside of a 9" square pan with cooking spray. Preheat oven to 300°F. Spread oats on baking sheet. Bake for 25 minutes, or until oats are toasted and fragrant, stirring and shaking frequently. In a large bowl, add apricots, cherries, goji berries, coconut, hemp seeds, almonds, milk powder, and wheat germ. Mix well, then add the toasted oats and chocolate chips. Mix well again.In a skillet, combine agave syrup, honey, and sugar. Turn heat to Medium-High. Bring to a boil, stirring frequently.Once it boils, quickly add the peanut butter, orange extract, and orange zest. Stir until peanut butter melts and the mixture is well combined. Pour peanut butter mixture over the oatmeal mixture. Stir well to combine. Quickly spread the new mixture in the prepared pan (with wet hands) and spread into an even layer. Cover and chill for at least 4 hours (preferably overnight).Makes 28 bars (1 1/4" x 2 1/4").Keeps best if wrapped individually in foil.

**Nutrition per bar:**

\*146 Calories

\*19g carbohydrate

\*2g fiber

\*4g protein

\*6g fat

