

Baked Gluten Free Bars

With 'whole grain' and 'gluten free' on the label

Ingredients	Volume	Grams	Percent
Gluten Free Rolled Oats	1 2/3 cup	160	20
Sugar	1/2 cup	105	13
Insta Grains® Brown Rice Flour	1/4 cup	45	5
Salt	1/2 tsp	4	1
Cinnamon	1/2 tsp	.75	0
Butter, Melted	6 tbsp	78	10
BriesSweet™			
White Grain Sorghum Extract 60DE	1/3 cup	130	17
Craisins	1 cup	100	13
Blueberry Craisins	1/3 cup	50	6
Sunflower Seeds (shelled)	1/4 cup	30	4
Raisins (soaked in orange juice)	1/4 cup	60	8
Crispies	1/2 cup	18	2
Insta Grains® Brown Rice Crumb	2 tbsp	14	2



Method

1. Preheat oven to 350° F (200° C).
2. Fill 1/4 cup with raisins and cover with orange juice. Allow to stand for 5 minutes to rehydrate raisins.
3. Prepare 9x9x2 baking dish, line with two pieces of parchment paper in a crisscross fashion allowing paper to extend out on the sides to use as handles to remove bars.
4. Combine all dry ingredients and raisins in large bowl.
5. Add extract to hot melted butter and stir to combine.
6. Add extract mixture to dry ingredients, mix until completely coated.
7. Press mixture into prepared pan.
8. Bake 25 minutes or until edges are slightly brown. Bars will seem very soft but will firm up upon cooling.
9. After 10 minutes remove bars carefully from pan using parchment handles.
10. Cool on wire rack, once almost cooled down cut into bars.
11. Store in air tight container.