

# Soft Baked Bar

Reduce sugars with InnoSweet™ Sprouted Whole Wheat Powder

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>
Whole Wheat Flour	3/4 cup	100
<b>BriesSpecialty™ MBF S040</b>	<b>1/4 cup</b>	<b>34</b>
<b>Insta Grains® Oat Flakes</b>	<b>2 cups</b>	<b>200</b>
Cinnamon	1 tsp	3
Baking Powder	1/2 tsp	2.5
Baking Soda	1/2 tsp	2.5
Salt	1/2 tsp	2
Bananas (ripe)	2	
Brown Sugar	1/2 cup	140
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>1/4 cup</b>	<b>45</b>
Milk 2%	1/4 cup	61
Canola Oil	2 tbsp	4
Vanilla Extract	1 tsp	4
Egg	1 large	50
Egg White	1 large	36
Chopped Walnuts	3/4 cup	90
Dried Cranberries	3/4 cup	60
Cooking Spray		



## Method

1. Preheat oven to 375°F.
2. Weigh out or lightly spoon flour into a dry measuring cup; level with knife. Combine flour, BriesSpecialty™ MBF S040, Insta Grains® Oat Flakes, cinnamon, baking powder, baking soda and salt
3. Place bananas in large bowl and mash until smooth. Add brown sugar, InnoSweet™, milk, oil, vanilla, eggs and egg whites; stir until well combined.
4. Add flour mixture to wet mixture, stirring until combined. Stir in nuts and dried cranberries.
5. Spread dough into a 13x9 inch metal pan coated with cooking spray. Bake at 375° for 22 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack. Cut into 16 bars.
6. Bake a second batch. A large bowl can handle a double batch of the dough, and the hearty mix will perform just fine. Bake bars on the same middle rack in the oven. The bars can be a little crumbly.

**Briess Malt & Ingredients Co.**

625 South Irish Road  
Chilton, WI 53014

[www.Briess.com](http://www.Briess.com)

[info@briess.com](mailto:info@briess.com)

920.849.7711