

ENERGY BARS

I met my good friend Lori Mendoza in college at the University of Oregon. One of the items in her care packages from home was the energy bars from her grandma, Jo Rabago. These are sinfully delicious, and Lori is sharing the recipe with us. *Note that I have changed the mixing process slightly from what was originally published in the cookbook.

INGREDIENTS

Makes 24 bars.

Set 1

2 – 10 oz. packages marshmallows

1 c. creamy peanut butter

1 stick unsalted butter

Set 2

½ c. sesame seeds

6 c. Rice Krispies cereal or any brand of crispy rice cereal

2 c. quick-cooking oats

1 c. unsalted peanuts

1 c. raisins

Tools: *large pot, 11 x 17 inch half-sheet pan, non-stick spray or ghee, wax paper, tape*

DIRECTIONS

1. Spray a half-sheet pan with non-stick spray or apply thin coating of ghee and set aside. Ghee is clarified butter.
2. Mix all set 1 in a large pot over medium heat. Heat until everything has melted and the mixture is smooth.
3. Reduce heat to low then pour all the remaining ingredients into the pot. Stir to thoroughly combine.
4. Transfer the mixture to the half-sheet pan and gently spread to fill the entire pan ensuring it's an even layer. Don't press the mixture too hard once its spread out.
5. Cool completely.
6. Cut the mixture into 8 columns on the long edge then into 3 rows on the short edge. Separate into individual bars then wrap in wax paper and tape to secure.

Recipe courtesy Paula Quinene, adapted from her book, A Taste of Guam.