

1 1/4

Breakfast Bars

Free Press

① ~~1 1/4~~ cup flour

3/4 " wheat germ or quick cooking oats

1/4 " brown sugar

3/4 1/2 tea b.p powder

3/4 1/2 tea Cinnamon

1 cup raisins or 3/4 cup

1/2 cup ^{chopped} ground walnuts (opt)

② 1/4 cup melted marg.

1/4 cup honey

1 egg

1/2 tea vanilla

Mix #1 w/ nuts.

Melt Creamed Honey & marg, then add egg & vanilla.

Combine #1 & #2. Mix well with fork.

Press firmly 8x8 - greased pan

Bake 325° - 25 to 30 mins.