



CHOCOLATE CHIP BARS

¼ cup butter

¼ cup canola oil

1 egg

1 cup brown sugar—I like dark brown

1 ¼ cup whole wheat pastry flour

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon vanilla

1 cup rolled oats—I like old fashioned

½ cup, each, chocolate chips and nuts or sunflower seeds (optional)

Melt butter. Mix with oil and egg; mix well with brown sugar. Add flour, soda & salt, mixing well. Stir in vanilla, oats, chocolate chips and nuts until thoroughly mixed. Press into a 9" X 13" (greased) pan and bake at 350 degrees for 25-30 minutes. (Longer baking for crispy bars.) Cut into bars immediately. When cool, store in a closed container for 1 day before they miraculously disappear.

Optional: You can substitute raisins or other dried fruit for chocolate chips and/or nuts.