

Favorite 5 Mini-Cakes

These cakes are made from Grain Place Food's Favorite Five cereal grains, containing rolled oats, rolled barley, rolled wheat, rolled rye and hulled sesame seeds.

Ingredients

2 1/2 cups Grain Place Foods "Favorite Five grains"

1/3 cup chopped raisins (or other dried fruit of your choice)

¼ cup chia seeds

1/3 cup sunflower kernels

First place raisins in the bowl of the Cuisinart or blender and pulse 4 times.

Add 2 ½ cups of the Favorite Five grains from Grain Place Foods

Pulse again 5 times

Add the chia seeds and sunflower kernels. Pulse 3 times

Pour the Favorite Five Grains, raisin, chia seed and sunflower seed mixture into a large mixing bowl.

In separate bowl, mix together (use electric mixture or by hand):

1 1/4 cup nut butter (peanut, almond, cashew)

3 Tb. Brown sugar

1/2 cup honey

2 tsp. vanilla

Add the second mixture to first and mix together with electric mixer or stir with a wooden spoon until thoroughly mixed. Press the mixture into a mini-cupcake pan or 10 ½ by 8 inch pan. Press with a firm hand. I use the bottom of a glass salt shaker to embed the mixture into the mini-cake pan or a spatula to press into the shallow pan. Cover with foil and place in freezer for one hour. Pop out the mini-cakes, wrap and store in the refrigerator. If you used a shallow pan, cut the bars into squares, wrap and store in the refrigerator. Young and older and oldest athletes appreciate these. Snacks for all! Recipe adapted from The Grain Place website

www.thegrainplace.com

