

Dream Bars

Eat up and dream on. Dream bars are a snap to make and are favorite treats at Hollyhock. The top layer of the bar is chock-full of healthy items such as nuts, raisins, and oats, along with decadent chocolate chips. Sunflower or pumpkin seeds can be used as an alternative to nuts if you like.

Serves 10-12

CRUST

1 cup	unbleached white flour	240 mL
½ cup	soft butter	120 mL
2 tbs	brown sugar	30 mL

TOPPING

1 cup	brown sugar	240 mL
½ cup	whole rolled oats	120 mL
½ cup	shredded coconut	120 mL
½ cup	raisins	120 mL
½ cup	chopped mixed nuts such as almonds, hazelnut or walnuts	120 mL
½ cup	chocolate chips	120 mL
3	eggs beaten	3
1 tsp	vanilla extract	5 mL

Preheat the oven to 350°F.

1. In a small bowl, use a fork to combine the crust ingredients and press the mixture into the bottom of a lightly oiled, 8-inch square or round baking dish. Bake for 15 minutes.
2. Meanwhile, in a large bowl, combine all the topping ingredients and mix them well. Pour over the partially baked crust and bake for another 15-20 minutes. Allow it to cool completely before cutting into bars.

— Linda Gardner

“The most important blessing I can think of before eating is the simple act of being present. It’s so easy to rush to the table and devour your food while being everywhere but there. Who wants to eat your errands, your income taxes or your e-mails? By centering on the breath for even two or three cycles I come back home to myself, and can bring my attention more fully to the gift of taste, nourishment and abundance which is so easy to take for granted.”
— Joan Borysenko

