

## Geography Bars

Ingredient	Origin –area of domestication	Example #	Geography and climate
<b>Mix together in large bowl:</b>			
Butter    ¼ cup, softened			
Sugar    2 cups			
Sorghum syrup    ¼ cup (can substitute molasses)			
Vanilla    1 teaspoon			
Egg    1			
<b>Add the following to the bowl and mix well:</b>			
Barley flour    ¼ cup			
Blue cornmeal    ¼ cup (can substitute yellow cornmeal)			
Buckwheat flour    ¼ cup			
Soy flour    ¼ cup (sift this flour –has lots of lumps)			
Salt    ½ teaspoon			
Baking soda    1 teaspoon			
<b>Add the following to the bowl and mix well. Dough will become more difficult to stir:</b>			
Quinoa, seed    2 Tablespoons			
Millet, seed    2 Tablespoons			
Rye flakes    ¼ cup			
Wheat flakes    ¼ cup			
Oat flakes, quick cook style 1 ½ cups			
Flax seed    1 Tablespoon			
<b>Add the following to the bowl and mix well. The dough will be stiff:</b>			
Coconut    ½ cup, packed			
Peanuts, raw    ½ cup			
Sunflower seeds, raw    ¼ cup			
Nutty rice cereal    ½ cup (from Food Coop – can substitute rice crispies)			
Chocolate chips    ½ cup (can sprinkle on top instead)			
<b>Preheat oven to 350 degrees F. Grease a 12"x 16" jelly roll pan or cookie sheet with sides. Press the mixture evenly into the pan. Bake for 20-25 minutes until browned. Cool about 5 minutes and cut into 32 bars. Remove from pan and cool.</b>			

Recipe developed by Patricia Carpenter, adapted from a cookie recipe her mother made often. (Updated 1-22-07)