

media release

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Snack Simply with Sunflower Seeds

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado sunflower seeds are featured in the **Chewy Granola Bars** recipe.

Available Now...Sunflower Seeds

Colorado produces 55 million pounds of sunflower seeds each year. The state ranks seventh in the nation for sunflower production. Sunflower seeds are power-packed with healthy fats, protein, fiber, minerals, vitamin E, and phytochemicals. Look for Colorado sunflower seeds at your local grocery store or specialty food store.

Chewy Granola Bars

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC

3-1/2 Cups Instant Oats

1-1/2 Cups Sugar

2/3 Cup Oat Flour

1 Teaspoon Kosher Salt

1-1/2 Teaspoons Cinnamon

3 Cups Dried Fruits (blueberries, currants and/or cranberries)

3 Cups Seeds (mix of pepita and sunflower)

3/4 Cup Sun Butter

2 Tablespoons Vanilla Extract

1/4 Lb. Unsalted Butter, melted

1/2 Cup Honey

2 Tablespoons Water

Preheat oven to 350°F. Line a cookie sheet with parchment or spray well with pan spray. Stir together all the dry ingredients, including the fruit and seeds. In a separate bowl, whisk together remaining wet ingredients. Toss the wet ingredients with the dry until the mixture is evenly crumbly. Spread in the prepared pan, pressing firmly to ensure they are “packed” to the shape of the pan. Bake the bars for 30 to 40 minutes, until they’re brown around the edges. Cool the bars in the pan completely on a cooling rack. Remove from the pan and place onto a cutting board. Once cooled, use a large knife to cut the bars into the desired sized pieces.

Visit www.coloradoagriculture.com for a complete list of recipes.

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