

CHATEAU LAKE LOUISE GRANOLA BARS

Ingredients

3/4 cup honey	1 cup wheat bran
3/4 cup canola oil	1/4 cup chopped pecans
2 tbsp fancy molasses	1/4 cup chopped cashews
3 cups rolled oats (not instant)	3/4 cup sliced almonds
1/4 cup sunflower seeds	1/2 cup raisins
3/4 cup pumpkin seeds	1 tsp cinnamon
2 tbsp sesame seeds	1/4 cup milk powder

Directions

Preheat oven to 375 degrees.

Mix oil, honey and molasses together in a heavy bottomed saucepan. Bring to a boil. Remove from heat and let cool slightly.

Mix dry ingredients. Pour liquid over dry ingredients and mix thoroughly.

Press into a cookie sheet that has been lightly oiled. Bake for 12 minutes.

ENJOY!

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I LIKE to make these healthy granola bars for fuel on my long bike rides. There is a lot of protein in each bar with the nuts and sugar from the raisins. I have shared the base recipe, but I will often add dried cranberries because I enjoy the flavour. Chocolate chips are also a great addition and a hit with the kids!

Another great tip on a ride, or for any other activity - instead of store bought electrolyte drinks, I use cranberry juice with a few pinches of salt. This provides necessary salt to avoid cramping, sugar to fuel the muscles, and liquid to keep you hydrated. Plus it tastes good. I find that the pre-made drinks irritate my stomach if I drink too much - and when you ride over 100km, you need a ton of fluid!!

~DENISE MORBEY, BScPT, FCAMT



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