



TRAIL BAR MIX



OUR SIGNATURE RECIPES

TRAIL BAR MIX

A deliciously wholesome, nutritious snack to fuel active days; with whole grain oats and cranberries.

INCLUDES CHIA & FLAX SEEDS



NET WT 14 OZ (397g) ©



BEST IF BAKED BY:



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OUR SIGNATURE RECIPE FOR CRANBERRY TRAIL BARS

Our hearty trail bar mix starts with the best ingredients, already measured for you. All you have to do is mix and bake! Customize them by stirring up to 1 cup dried fruits, nuts, or chocolate chips into the dough before baking.



YOU'LL NEED CHEWY BARS

- 1/2 stick (4 tablespoons) butter, melted
- 2 tablespoons honey
- 1 tablespoon water

CRUNCHY BARS

- 3/4 stick (6 tablespoons) butter, melted
- 2 tablespoons honey

BAKES TWELVE 2" BARS



1. **PREHEAT** oven to 350°F and lightly grease 8" x 8" pan.
2. **COMBINE** mix, butter, honey, water (if using), and add-ins. Stir together to make a sticky dough.
3. **SPREAD** in prepared pan, pressing evenly into edges.
4. **BAKE** for 15-20 minutes for a softer, chewy bar or for 25-30 minutes for a firmer, crunchy bar.
5. **COOL** in pan for 15 minutes. Loosen the edges of the bar before turning out and cutting.

PEANUT BUTTER AND CHOCOLATE BARS

To the mix, add 1/4 cup peanut butter, 3 tablespoons water, and 2 tablespoons honey. Bake as directed for the chewy version and sprinkle 1/2 cup of chocolate chips over the freshly baked bars. Let melt for 10 minutes, and spread evenly over surface. Cool completely before cutting.

BAKER'S TIP:

For easy removal and cleanup, line your baking pan with foil. Be sure to grease the foil before pressing the dough in.

COMPLIMENTS OF

The King Arthur Flour Kitchen



OUR SIGNATURE RECIPE FOR CRANBERRY TRAIL BAR MIX

Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

We're bakers, too! Our 100% employee-owned company has been an expert resource for bakers everywhere for over 225 years. We're all about making your kitchens better and happier with top-quality baking essentials.

BAKER'S HOTLINE. WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.
855.371.BAKE (2253)
KingArthurFlour.com/contact

100% EMPLOYEE-OWNED. 100% COMMITTED TO QUALITY.



We're committed to using the power of business as a force for social and environmental good.

Nutrition Facts

Serving Size 3 Tablespoons Mix (33g)
Servings Per Container 12

Amount Per Serving	Mix	Prepared
Calories	130	170
Calories from Fat	20	50
% Daily Value**		
Total Fat 2g*	3%	9%
Saturated Fat 0g	1%	13%
Trans Fat 0g		
Cholesterol 0mg	0%	3%
Sodium 100mg	4%	4%
Total Carbohydrate 25g	8%	9%
Dietary Fiber 3g	12%	12%
Sugars 8g		
Protein 3g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	8%	8%

*Amount in Mix. Prepared contributes an additional 40 Calories (30 Calories from Fat), 4 g Total Fat (2.5 g Saturated Fat), 10 mg Cholesterol, 3 g Total Carbohydrate (3 g Sugars), 1 g Protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Whole Grain Oats, Cane Sugar, Whole Grain Oat Flour, Cranberries (cranberries, sugar, sunflower oil), Whole Millet, Chia Seeds, Molasses (molasses, maltodextrin), Flax Seed, Cornstarch, Salt. **CONTAINS:** Wheat.

THE KING ARTHUR FLOUR COMPANY, INC.
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Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

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