

Fiber Enriched Chai Spice Soft Breakfast Bars

This bar is sweet and nutritious, with healthy whole wheat flour, five grams of fiber per serving, and a well-rounded chai flavour. Top with your favourite icing for a sweet breakfast treat.

Ingredients	True %	Weight (g)
Step 1		
Corn Syrup	11.09%	82.19
Molasses	5.68%	42.10
Resistant Starch	8.40%	62.25
Step 2		
Whole Liquid Eggs	6.92%	51.28
Vanilla Extract	0.44%	3.26
Step 3		
GrainEssentials® Whole White Wheat ExtraFine Flour ¹	21.24%	157.41
Inulin	2.10%	15.56
Brown Sugar	12.26%	90.86
Sugar	3.00%	22.23
Baby Rolled Oats	10.31%	76.41
Whey Powder	1.53%	11.34
Baking Powder	0.32%	2.37
Salt	0.49%	3.63
Bakers Elements ¹ Cinnamon	0.15%	1.11
Bakers Elements ¹ Ground Ginger	0.10%	0.74
Bakers Elements ¹ Clove	0.05%	0.37
Cardamom	0.12%	0.89
Coriander	0.06%	0.44
Ground Black Pepper	0.03%	0.22
Step 4		
Shortening	15.71%	116.43
Total	100%	741.09

¹Bay State Milling Company, Quincy, MA.

Procedure

1. Add step 1 ingredients in a 5 Quart Hobart mixing bowl with a paddle attachment.
2. Mix for 2 minutes on low speed.
3. Add step 2 ingredients to step 1 ingredients.

4. Mix 2 minutes on low speed.
5. Pre-blend step 3 ingredients together, and then add to mixer.
6. Mix 2 minutes on low speed.
7. Add step 4 ingredients to mixer.
8. Mix 2 minutes on low speed.
9. Press dough evenly into a $\frac{1}{4}$ sheet pan, and then slice into 40g bars.
10. Place cut bars into a floured $\frac{1}{2}$ sheet pan.
11. Bake bars at 350°F in reel oven for 10-12 minutes at 350°F.
12. Cool, and enjoy with favorite icing.