

Energy Bars –for 8X8 pan – can be easily doubled
(NOTE: first prepare meal replacement, recipe below.)

1 cup nut butter (I like a combo of almond butter and peanut butter)
½ cup honey
½ cup applesauce
1 cup large-flake rolled oats
½ cup natural meal supplement (recipe below)
⅓ cup each raisins and chocolate chips
½ tsp. cinnamon
¼ - ½ tsp. ginger
¼ tsp. sea salt
1-2 tsp. instant coffee (optional)

Method

Preheat oven, 350 -375: depending on oven. Line 8x8 pan with parchment paper. Melt nut butter, honey, applesauce together -add other ingredients. Scrape mixture into pan, bake about 30 minutes. Check for doneness- baked, not gooey. Let cool in the pan about 15 minutes, then turn out onto a chopping block. When *completely* cooled, cut up and wrap individually in plastic wrap so they're ready-to-go. They keep a long time in fridge but can also be frozen.

Natural Meal Replacement – besides using in energy bars, can add 1-2 Tbsp. to cooked oatmeal, smoothies, on salads, etc.

Put into food processor equal quantities of the following:

- Golden flaxseed
- Brown flaxseed
- Pumpkin seed
- Sunflower seed
- Chia seed
- Hemp seed
- Raw (unblanched) almonds

Method

“Obliterate” in food processor and that’s it! You want everything chopped up as small as possible but almonds can be a bit bigger than everything else.

Alternatives/additions - walnuts, pistachios and/or pecans, dried cranberries, etc. Also add cacao powder if you love chocolate!

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(original recipe: Ties and Chris from <http://cyclinktheworld.com/>)