



HEALTHY COOKING

No Bake Energy Bars

Ingredients:

1 cup oats (old fashioned or quick-cooking)

1/4 cup nut butter, such as peanut, almond or sunflower

1/4 cup liquid sweetener, such as honey or maple syrup

1/4 cup chopped nuts or seeds, such as walnuts, pecans, almonds

1/4 cup dried fruit, such as shredded coconut, raisins or cranberries

Directions:

1. Combine nut butter and liquid sweetener in a large bowl. Fold in oats. Add nuts and dried fruit of choice.
2. Stir or use hands to thoroughly combine, adding water if needed, to form dough.
3. Press or roll out dough flat on sheet pan and cut into square bars.
4. Store bars in air-tight container in fridge for up to 1 week.