



# DIY ENERGY BARS

## Makes 12 bars

Perfect for a light snack at-home or on the go! Play around with all different types of mix-ins to find your favorite flavor.

## The Ingredients

- 1 1/4 cup rolled oats
- 1 cup nuts (we used cashews)
- 1 tbsp Flax Seeds
- 1 cup dates, pitted and soaked for at least 10 minutes\*
- 1 heaping tbsp nut butter (we used peanut butter)
- 1 tsp maple syrup
- few shakes of cinnamon
- Optional: splash tart cherry juice
- Optional: coconut flakes, to top

## Mix Ins

- Options: Dark chocolate chips, goji berries, cacao nibs, maca powder, and other superfoods sub, or protein powder!  
For this recipe, we used:
- 1/2 Cup Dried Fruit (we used freeze-dried raspberries)
- 1/4 Cup Seeds (we used pumpkin seeds)
- 2 tbsp Hemp Hearts
- 1 tbsp Chia Seeds

## The Method

1. Add oats, nuts, and flax seeds to a food processor. Blend to combine into a flour-like consistency.
2. Add dates, nut butter, and maple syrup and pulse to combine. If desired, add a splash of tart cherry juice (if your base is crumbly, you can sub a splash of water or maple syrup).
3. Add dried fruit and pulse to combine.
4. Remove mixture from food processor and add to a mixing bowl. Add mix-ins (dried fruit, seeds, hemp hearts, chia seeds) and cinnamon. Mix well to combine.
5. Press mixture into a glass dish lined with parchment paper. Option to top with coconut flakes, if desired.
6. Chill for at least 2 hours to allow bars to set.

Once chilled, cut into 12 bars and enjoy!