



DIY Energy Bars Recipe



About This Recipe

Serves: 10 +

Mess Rating: 1 (out of 5)

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Equipment

1 Spoon

1 Electric Mixer

1 Baking Sheet

1 Large Mixing Bowl

1 Roll non-stick foil

Ingredients

1 cup Rolled oats

1/2 cup sesame seeds

1/2 cup dried mango

1 cup dried cranberries

1 cup chopped walnuts

1/2 cup wheat germ

1/2 cup brown sugar

1 cup honey

1 cup almond butter

(salted or unsalted)

1/2 cup non-fat dry
powdered milk

Setting Up:

Step 1: Getting Started

Combine all ingredients in a large mixing bowl.

Step 2: Mix Ingredients Well

An electric mixer would be helpful this batter is very tough.

Step 3: Oil Baking Sheet

With 2 tsp of Canola Oil and spread the mixture flat and evenly

Cooking Steps:

Step 4: Preheat Oven to 350

Bake for 10-15 minutes

Step 5: Let Cool

Cool to room temperature. Then cut in the pan, but dont take them out. Cut into 30 small squares.

Step 6: Cool and Harden

Place uncovered pan in the refrigerator or freezer. Let cool and harden completely.

Step 7: Remove from Pan

Wrap individually in non-stick foil.

Step 8: Make More!

You can make multiple batches and freeze them. They thaw quickly.