

Natural Energy Bar Recipe

Ingredients

- 1 cup nuts (your favorite kind or a mix of them!)
- 1 cup pitted dates
- 1 cup bonus ingredients (get creative! Cocoa nibs, shredded coconut, dried cherries and apricots, chia seeds, flax seeds)
- Optional: 2-4tsp of natural flavouring (vanilla extract, cinnamon, etc.)*

1. In a food processor, mix together nuts and dates until a sticky, workable dough is formed.
2. Add the rest of the ingredients and pulse food processor until well mixed.
3. Press into parchment lined 8 x 8-inch pan.
4. Chill for an hour in the fridge (or freeze for 20 min) for easy cutting.
5. These bars freeze well.

This natural energy bar is a healthy, fresher alternative to commercially available brands because it does not contain artificial colours, flavours or preservatives. It provides a balance of carbohydrates, fats and natural sugars to fuel you for longer distance runs or other physical activity.

Please talk to your doctor before making any changes to your health program