

Energy Bars

Make these bars ahead of time so they are ready to grab for a high energy breakfast, snack or dessert. Use your favourite types of nuts, seeds, cereal and dried fruit.



Ingredients:

1/3 cup	Corn syrup	75 mL
1/4 cup	Brown sugar	60 mL
1 cup	Peanut butter	250 mL
1 tsp	Vanilla extract	5 mL
6 cups	Corn flakes or other cereal	1.5 L
1/2 cup	Slivered almonds	125 mL
1/4 cup	Sesame seeds	60 mL
1/4 cup	Sunflower seeds, shelled	60 mL
1 cup	Raisins or any other dried fruit	250 mL

Directions:

1. Lightly spray a 9 x 9 inch (22 x 22 cm) pan with non-stick cooking spray. Set aside.
2. In a small saucepan, mix corn syrup and brown sugar. Bring to a boil then remove from heat.
3. Add peanut butter and vanilla; mix well and set aside.
4. Combine cereal, almonds, sesame seeds, sunflower seeds, and raisins in a large bowl.
5. Pour peanut butter mixture over cereal mixture. Mix gently until all cereal is coated; add 1–2 tablespoons of extra syrup if mixture is too dry.
6. Spread cereal mixture into prepared pan.
7. Use foil or wax paper to cover the pan. Press with both hands until mixture is spread evenly in the pan.
8. Chill in the fridge to set for at least 1 hour. Cut into 9 bars and serve.

Makes 9 servings (1 bar/ 101 g)

Tip: For extra flavour, toast almonds, sunflower seeds, and sesame seeds in a skillet until they turn a light golden brown.

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Nutrition Facts

Per 1/9 of recipe (1 bar/ 101 g)

Amount	% Daily Value
Calories 450	
Fat 22 g	34 %
Saturated 4 g + Trans 0 g	20 %
Cholesterol 0 mg	
Sodium 310 mg	13 %
Carbohydrate 56 g	19 %
Fibre 5 g	20 %
Sugars 24 g	
Protein 12 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	6 %
Iron	35 %