

Eat These Now!

The Easiest No-Bake Energy Bars

I make sure that I'm reaching for healthy snacks to fuel my days and nights. What's certain is that I have no time for baking at the current moment. The energy bars? They're no-bake, my friend! No-bake!

You just need a few minutes to prep these bars. Chill, slice and have them ready for a quick, nutritious snack.

The best part? They're DELICIOUS. They're jam-packed with fiber, protein and best of all — flavor! You'll love that they're loaded with oatmeal.. You can absolutely substitute chocolate chips for raisins or chopped dates. I love the fiber and antioxidants that are packed into the raisins and chopped dates, too!



INGREDIENTS

2 1/2 cups rolled oats
1/2 cup peanut butter
(or other nut butter)
1/3 cup honey
1/2 cup raisins
1/2 cup chopped dates
1/2 cup sweetened
coconut flakes
1 teaspoon hazelnut
extract
1 teaspoon salt

DIRECTIONS

Stir together all the ingredients in a mixing bowl. Spread evenly in an 8-by-8-inch baking pan. You can use a larger pan for thinner bars. Chill for at least 30 minutes, and then cut the mixture into slices. You can also roll the mixture into balls and chill them for energy bites instead of bars.

Yields: 15 to 20 bars, depending on the size you cut.

I store mine right inside the fridge so I can grab one throughout the day for a perfect energy boost.

A few ways to personalize these no-bake energy bars include adding in chocolate chips, chopped nuts, chopped banana chips, apricots, vanilla extract, sea salt, flax seed or wheat germ. Keep creating new flavors of these amazing energy bars.

One last tip: These bars freeze beautifully so double the batch to have some ready to go for the weeks to come! Create these treats as bars or round balls (bites). You'll find it easy to fuel your day when you have them on hand.

