

## RECIPE: HOW TO MAKE NO BAKE ENERGY BARS + BITES

*Let's take snack time to a portable route and make a pan of custom made trail mix bars! Mix and match your fave dried fruit and nuts and you're on your way to a super sweet snack!*

**MAKES:** one 8x8 pan of trail mix bars, you can also roll into energy bites

### TOOLS:

- 8x8 baking pan (if making bars)
- Non stick baking spray
- Bowls, spatulas

**INGREDIENTS-** *We need something sweet, something creamy and then something to bind it together.*

- Non stick spray, if you're making bars
- 2/3 cup creamy peanut butter (you can also use almond butter)
- 1/2 cup chocolate chips (any kind)
- 2 tablespoons honey (you can also use molasses, corn syrup)
- 1 cup oats (large flake, old fashioned, rapid, they all work)

**WANT TO ADD MORE INGREDIENTS?** *Take your pick and add up to 1 cup from below*

- **NUTS-** Almonds, pecans, walnuts, pistachios, even honey roasted nuts
- **SEEDS-** Flax seeds, pumpkin seeds, sunflower seeds, chia seeds, they all work!
- **DRIED FRUIT-** Dried mango chopped up, raisins, dried cranberries, dried cherries, dried pineapple, dried coconut

## **DIRECTIONS**

### **BARS**

1. Prepare an 8x8 pan, by spritzing it with non-stick spray
2. Combine all 5 ingredients in a medium bowl.
3. Stir to combine and spoon into baking dish and then using a flat hand, pat down into the dish, so it's an even layer.
4. Place in the refrigerator for 15-30 minutes or fridge until you're ready to cut and enjoy!

### **ENERGY BITES**

1. Roll into 12 bites and store in the fridge for up to a week - if you make them a bit smaller you'll get more!

**TAKE IT TO THE NEXT LEVEL:** Once you press the bars into the pan, you can melt some chocolate chips and drizzle in a fun pattern all over the top, then chill.  
**ENJOY!**