

Womenscycling.ca Energy Bar

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This bar contains [oats, raisins, peanuts and almonds, honey, oil and salt](#). I estimate each square is between 180-220 cal.

Mix the following in a large bowl:

2 cups organic quick oats

1 cup unsalted organic peanuts: chop fine in a food processor

$\frac{3}{4}$ cup almonds: chop fine in a food processor

1 cup raisins

1 tsp sea salt

Mix the following in a small bowl:

$\frac{1}{3}$ cup honey: diluted with organic apple juice to $\frac{1}{2}$ cup total

3 tbsp olive oil

$2 \frac{1}{2}$ tbsp maple syrup (optional)

$1 \frac{1}{2}$ tsp vanilla

Mix these ingredients and then add to the dry ingredients and mix well. Preheat oven to 350°. Oil 8×8 square baking dish then press mixture into dish firmly with a potato masher. Bake for 25 minutes. Allow to cool completely. Cut into squares before too hard.

Note: If the squares crumble it means either: they were too warm when you cut them, the peanuts and almonds weren't chopped fine enough, or the mixture was not pressed firmly enough into the baking dish.