

Dani's Dense Energy Bars

If you're struggling to get in your calories, this bar is for you. Using very dense ingredients, these bars pack a punch. To those of you in a caloric deficit, maybe skip over this one...



PREP TIME

10 mins

COOK TIME

45 mins

TOTAL TIME

55 mins



COURSE

Breakfast, Gluten Free, Snacks



SERVINGS

12 bars

CALORIES

362 kcal

INGREDIENTS

- 1/4 c coconut oil melted
- 3 Tbsp Peanut Butter
- 1 1/4 c applesauce unsweetened
- 1 tsp vanilla extract
- 1 pinch salt
- 2 Tbsp flax meal
- 390 g Banana (about 3 lg bananas), mashed
- 1/2 c walnut pieces
- 2 scoops Sun Warrior Raw Vanilla Protein Powder or other brown rice protein powder
- 3 c Oats - Dry (use gluten-free oats to make fully GF)
- 10 Medjool Date
- 1/2 c Raisins
- 1/2 c dried apricots
- 1 tsp cinnamon

INSTRUCTIONS

1. Preheat oven to 325°F/163°C. Line an 8"x8" baking pan with parchment paper.
2. In a medium bowl, combine the melted coconut oil, peanut butter, mashed bananas, and vanilla until well mixed.
3. Add the ground flax seeds, apple sauce, cinnamon and salt, and whisk to combine.
4. In a large bowl, combine the oats with the dried fruit, nuts and seeds.
5. Add the liquid mixture to the dry ingredients and stir until well combined.
6. Transfer the mixture to the baking pan, pressing with your hands to create an even surface.
7. Bake for 45 minutes until golden.
8. Cool completely in pan. Lift out and cut into 12 bars.
9. Store in an airtight container in the refrigerator. Wrap individual bars tightly for transporting.

NUTRITION

Nutrition Facts

Dani's Dense Energy Bars

Amount Per Serving

Calories 362 Calories from Fat 117

% Daily Value*

Fat 13g **20%**

Carbohydrates 57g **19%**

Protein 9g **18%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!