

Easy energy bars - (recipe for 12 energy bars)



Ingredients:

- 200 gr pitted dried dates (soak them in warm water for 10 minutes to soften them)
- 135 gr oats, light roasted
- 60 gr roasted almonds, roughly chopped
- 50 gr roasted hazelnuts, roughly chopped
- 65 gr smooth peanut butter
- 60 gr honey
- ½ tsp salt

Instructions:

1. Line a baking tray with parchment paper. A square one works best, but I didn't have one.
2. Chop up the dates and put them in a bowl. Blend them with a hand mixer (or a blender) until it becomes more of a paste.



3. Put the oats, chopped almonds and hazelnuts in a bowl and scoop the date paste through it until combined.
4. Melt the peanut butter, honey and salt in a pan or a microwave safe bowl until soft. Make sure to stir it in between.
5. Pour the liquid over the mixture and mix until combined.
6. Scoop the mixture into the baking tray and press down firmly. I used a glass to roll over the mixture to press it firmly together.



7. Put it into the fridge for 3 hours until firm.
8. Cut them into slices and store them into an airtight container in the fridge for about 3 - 4 days. You can also freeze them separately for a later time.