



## Energy bar

*(makes 16 bite size)*

### Equipment:

baking sheet & 20 cm x 20 cm baking tin

### Ingredients:

1 ripe banana – mashed  
2 tablespoon coconut flour  
2 – 3 tablespoons of milk of your choice  
(rice, almond, oat etc.)

1-2 tablespoons of any of each  
(pick 3 or 4 depends what you have)

- Sesame seed
- Sunflower seeds
- Cacao nibs
- Chia seeds
- Pepitas
- Coconut chips
- Hemp seeds
- Protein powder

1 cup mix of (can be 2 of these)

- Puffed quinoa
- Puffed rice
- Oats

- Quinoa flake

2 tablespoons coconut oil – melted  
1/3 cup of dry fruits of your choice  
(chopped finely except for raisins)

- Dates
- Raisins
- Figs
- Apricots



### Direction:

- 1) Preheat oven to 170 degrees and set baking sheet in the baking tin.
- 2) Mix all ingredients in a large bowl.
- 3) Put the mix into the baking tin and flatten it with a fork or spatula.
- 4) Bake it for 15-20 minutes until its surface becomes light brown.
- 5) When it cools down, cut into the size you like.

Note: They can be stored in the freezer, wrapped in foil. You can also eat them without defrosting.

