



Energy Bars

NIBBLEDISH CONTRIBUTOR

Ingredients

3 bananas
2 apples
5 dates or prunes
2 cups (5 dl) sunflower seeds or almonds
1 ts vanilla extract
1 ts salt
1 cup (2.5 dl) walnuts
1 cup (2.5 dl) dried berries or raisins

Instructions

- Preheat oven to 90C / 200F
- Soak the sunflower seeds or almonds over night
- Mix the first four ingredients in a food processor (I prefer it a bit chunky)
- In a bowl, mix with the remaining ingredients
- On a baking sheet covered with baking parchment, form 1 cm thick bars from 3-4 tbs of mix
- Bake for 1.5-2 hours, then turn and bake for 1.5-2 hours. If baked for 4 hours total, the bars are crunchy with a nice toasted flavour
- Keeps for 2 weeks in an air tight container in the fridge