

## kEnergy Bars

Makes about 18 bars

### Ingredients

- 2 cups old fashioned rolled oats
- 2 cups prepared trail mix from bulk bins, or nuts and dried fruit of your choice
- 2 tablespoons chia seeds
- 1/4 cup ground flaxseed
- 1/2 teaspoon salt
- 1/2 cup brown rice syrup
- 1/4 cup honey
- 2 tablespoons canola oil
- 1/4 cup peanut butter
- 3/4 cup almond butter or other nut butter

### Preparation

In a bowl, combine oats, trail mix, chia seeds, flaxseed and salt. Over medium heat, place brown rice syrup and honey in a saucepan and bring to a low boil for 2 to 3 minutes. Add in oil, peanut and almond butters until it is thoroughly mixed and is an even consistency.

Stir wet mixture into dry ingredients and combine until evenly mixed. Press into an oiled 9x13 baking dish. Let cool, then flip out onto a cutting board and cut into 18 bars.

Wrap in waxed paper or plastic wrap to keep the bars from drying out.

Source: Adapted from recipe by Leika Suzumura, PCC Nutrition Educator