

# Energy Bars

## Ingredients

50g oats

50g nuts of choice e.g. peanuts, cashews, almonds, pistachios

100g soft dried fruit of choice e.g. dates, prunes, raisins, sultanas, apricots

## Method

### If you have a blender

1. Add all the ingredients to the blender and blitz into a crumbly texture. *If it is looking quite dry and not coming together, add a dash of water.*
2. Roll into balls (around golf ball size).
3. Chill in the fridge for 1-2- hours.
4. Remove from the fridge and enjoy!

### If you do not have a blender

1. Put your dried fruit into a mixing bowl and soak in 2 tablespoons of boiling water for 20 minutes.
2. Finely chop your nuts.
3. Mix oats and nuts into the softened fruit.
4. Press into a small, greased baking tray (lined with greaseproof paper if you have it) and chill for 1-2 hours.
5. Remove from the fridge and slice into approximately 8 bars. Enjoy!

Makes approximately 8 bars



### Optional extras

Add 1 tbsp. of cocoa powder to the mix.

Roll your balls in desiccated coconut.

Melted chocolate can be drizzled over the refrigerated bars or balls.

### Tips

If you've got greaseproof paper, line for baking tin to prevent sticking.

You can store the bars or balls in the freezer. Just take one out when you fancy one.