



NUTRITION CONSULTING INC.

Fruit & Nut Power Bars

Makes 18-20 bars

This is a yummy nutritious recipe for a healthy afternoon snack. Try cutting these and freezing into bars for a quick on the go grab when travelling or stash them in your gym bag for after your workout.

Recipe used with permission from Julie Van Rosendaal www.dinnerwithjulie.com

What you need:

- 1/2 cup brown sugar
- 1/2 cup peanut butter
- 1/4 cup milk
- 1/4 cup honey
- 2 tbsp canola oil
- 2 tsp vanilla
- 3/4 cup flour
- 3/4 cup oats
- 1/2 tsp baking soda
- Pinch of salt
- 1/2 cup raisins
- 1/2 cup chocolate chips
- 1/2 cup chopped walnuts or sliced almonds
- 1/4 cup pumpkin or sunflower seeds
- 1/4 cup coconut
- 1/4 cup flaxseed



How you prepare:

In a large bowl stir together the brown sugar, peanut butter, milk, honey, canola oil and vanilla. In a small bowl stir together flour, oats, baking soda and salt. Add the oat mixture to the peanut butter mixture along with the remaining ingredients. Stir just until blended. Spread in a 9" X 13" pan sprayed with non-stick spray and bake at 350F for 20-25 minutes, until golden. Cool in the pan and cut into 18-20 bars.

Per serving: (made with walnuts and flaxseed)

- Calories 175
- Carbohydrates 21.6 g
- Protein 4.5 g
- Fat 8.5 g
- Dietary Fiber 2.2 g

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