

# Jeanne's Energy Bars

Yield: 18 bars

## Ingredients:

1 cup rolled oats  
1 cup bran flakes  
3/4 cup raw nuts coarsely chopped  
1 cup dried fruits (dates, raisins, craisins, apricots, etc.)  
2 tablespoons whole grain flour (whole wheat, millet, rice, etc.)  
3/4 cup second dried fruits (apples, blueberries, cherries, etc.)  
3/4 cup \*raw honey  
1/2 teaspoon Himalayan salt (any salt will work, but Himalayan is preferred for its minerals and absence of fillers)  
2 large egg whites  
3/4 teaspoon vanilla extract or almond extract



## Directions:

Heat oven to 300 degrees. Line a 9-inch by 9-inch baking pan with foil. Oil and flour the foil. (An 8-inch by 8-inch pan can be used. Just bake 5 to 10 additional minutes.)

Mix cereals, nuts, fruit, flour, and anything extra you might want to include (sesame seeds, chia seeds, ground flax seeds, wheat germ, etc.) in a large bowl. Combine honey and salt in small bowl. Whisk in egg whites and extract. Pour mixture into dry ingredients and stir well to coat all ingredients. If this seems a little dry, add more honey until ingredients stick together.

Pat into prepared pan with moist hands or plastic gloved hands. Bake until bars are dry to the touch, 45 minutes to 1 hour, depending on ingredients used. Cool completely then cut and individually wrap bars.

\* Raw honey recommendation: from a local bee keeper. But if that's not possible, then Really Raw®, found at most whole and natural foods stores.