

No-Bake Nut Butter Energy Bars

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=922125>

Ingredients:

1/2 cup agave nectar
2 tbsp coconut oil
1 1/2 cup almond butter or peanut butter
3 cups oats
2 scoops protein powder USANA MySmart Protein Powder
1/2 cup dried fruit (raisins, cranberries)
1/2 cup slivered almonds
1/2 cup pumpkin or sunflower seeds

Directions:

1. Warm agave, coconut oil and nut butter. (Saucepan on Stovetop or Glass Bowl in Microwave.)
2. Add remaining ingredients.
3. Mix well.
4. Spread into parchment lined pan or place in cupcake tins using a 1/4 measuring cup.
5. Place in refrigerator or freezer to cool.
6. Cut into 16-18 bars and place in snack-size ziploc bags. If using cupcake tin, measure 1/4 cup in each cupcake tin, remove and place in snack size ziploc bags.
7. Keep refrigerated

Serves 18

Calories: 275 per serving

Total Fat: 16 (4g Sat. Fat)

Cholesterol: 0 g

Sodium: 111 g

Total Carbs: 28 g

Fiber: 4 g

Protein: 8 g

Sugar: 16g

Joyce Lande, Wellness & Nutrition Educator

HAPPY AND HEALTHY LIFESTYLES

847-754-1593 | www.happyandhealthylifestyles.com

www.facebook.com/HappyAndHealthyFamily

