

# Chefy Tephi's Homemade Energy Bars

By Stephanie Hiltz

These bars are a perfect combination of protein and trail mix without any of those chemicals you can't pronounce. I love this recipe because instead of adding straight sugars into the mix, its sweetness comes from 100% pure Canadian maple syrup, honey and dried fruit. The protein that packs a punch is straight from the almond butter, raw almonds and three kinds of seeds. To top it all off, this energy bar will help even after your outdoor adventure is over by assisting in digestion through the wheat germ and bran.

Typical additives and preservatives found in store bought trail mix energy bars are: monoglycerides, maltodextrin, fructose, soy lecithin, and tocopherols. The best thing about this homemade treat is how it makes me reach for something healthy and sweet, that's made naturally in your kitchen as opposed to a factory.



2 cups crisp puffed brown rice

1 cup old fashioned oats

1/2 cup Canadian wheat germ *soy wheat germ*

1/4 cup Canadian wheat bran *hemp*

Mixed dried fruit (1/2 cup raisins, 1/2 cup dried blueberries, 1/2 chopped dried figs)

3/4 cup almonds with the brown skin (cut in half)

1/4 cup roasted unsalted sunflower seeds

1/4 cup of sesame seeds

1/4 cup of flax seeds

3/4 cup almond butter

1/4 cup of 100% pure Canadian maple syrup

1/2 cup Canadian honey

1 tbsp pure vanilla extract

1 tbsp cinnamon

1/2 cup 60% cacao chips (optional)

1. Line 13x9x2 inch baking pan or glass dish with aluminum foil; set aside.

2. Set oven to 300 degrees Fahrenheit, spread oats, sesame seeds, almonds, brown rice and flax seeds on a pan to toast about 6-8 minutes.

3. In a bowl, combine the toasted ingredients with the wheat germ, wheat bran, dried fruit and sunflower seeds; set aside. (Mix in each dried fruit slowly so the dry goods stick to the fruit and they don't bunch up and stick to each other).

4. In a large bowl combine the almond butter, maple syrup and honey, stir until smooth.

5. Stir in cinnamon and vanilla.

6. Pour dry mixture 1-2 cups at a time into the wet mixture and stir to make sure everything is well coated.

7. Evenly press the whole mixture into the prepared pan.

\*Best to thoroughly wash your hands and even leave wet to prevent too much sticking. Or press down with parchment paper to avoid sticking.

8. Optional: If you want to add some chocolate into the mix, randomly place the 60% cacao chips into the top layer by pressing them down.

9. Place in fridge overnight (or for 4 hours minimum), then cut into bars.

10. Wrap in plastic wrap (I find Press n' Seal works best) and keep in the fridge until consumption. Bars can be stored in the freezer as well.



**Stephanie Hiltz**

is the founder and head chef at Chefy Tephi Cookies

**Tephi Cookies**

[www.chefytephi.com](http://www.chefytephi.com).

## HEALTHFUL HINTS

- » I used almond butter instead of peanut butter because typically peanut butter's flavour dominates most recipes and I wanted the fruit, nuts and seeds to come through.
- » Almonds are high in protein, lower cholesterol, reduce the risk of heart disease and contain Vitamin E, magnesium and potassium. Try to use almonds that have their brown dry skin because the flavonoids found in almond skins team up with the vitamin E found in their meat to more than double the antioxidant punch.
- » You can switch up any of the nuts, seeds and fruit as you please. Consider raisins, dates, apricots, peanuts, hemp seeds, pumpkin seeds, and poppy seeds as other options.
- » I like a softer energy bar, but if you want to make the bar dryer add in some extra oats and puffed brown rice.
- » This healthy filling snack is good for the whole family, because a small piece can provide a big dose of energy. It's perfect to take on day-trips and pack into lunches.

