

TANYA's ENERGY BARS

Use a large mixing bowl and wooden spoon.

1 cup honey

1 cup natural peanut butter (prefer crunchy)

2-3 Tbsp raw cocoa powder

Mix these 3 and warm in microwave or stove top, makes it easier to stir.

3 cups oats

1-2 handful copped peanuts (salted if using unsalted PB)

1 handful of raw sunflower seeds

1 handful of raw pumpkin seeds

1 handful of raw millet

1 handful of flax seeds (preferably ground)

1 handful of chia seeds

1 handful of hemp seeds

Basically, you can use whatever seeds and grains you want, these are the typical seeds I like to use.

To make these more "protein bar" than "energy bar", simply add a scoop of chocolate protein powder after the cocoa powder. You may also need to add some water, so add 1/4 cup at a time until consistency is as you want it.

Stir everything in a large bowl until well mixed and your arms are tired ;) Dump and press mixture into an 8 x 10 inch pan (roughly). Run a sharp knife through to pre-cut the squares, then cover and refrigerate at least 1 hr. You will need to re-cut the squares once the mix has set. These will keep for up to 1 month in the fridge.