

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Katie's Nutty Energy Bars

Ingredients and Directions:

In a medium bowl combine:

- 1 cup nut butter (I have the best results with peanut or sunflower butter)
- 1 cup egg white
- 1/2 cup unsweetened (vanilla) almond/coconut/rice milk (regular milk is fine too but then it is not dairy free)
- Blend ingredients with a hand blender until smooth; then add
- 4T unsweetened cocoa powder (one friend adds much more and they taste like rich bitter chocolate)
- 2 scoops of Chocolate whey powder (if unsweetened add some stevia to the mixture, veggie protein powders work too as long as they have some guar or thickeners in them but tend to be a bit dryer so add a bit more milk)
- Blend ingredients with a hand blender until smooth
- Blend in a mixture of 4 cups of finely chopped nuts. Any kind of nut works; however, I recommend using 2/3 raw and 1/3 roasted salted nuts.
- If there is not a salted nut you may want to add a pinch of salt to the mixture One of my favorite nut combos is: 1 cup raw pecans; 1 cup sunflower seeds; 1 cup cashews
- Optional: 1/2 C miniature dark chocolate chips
- Fold nuts and chips into liquid mixture until well coated.
- Line one 9X13 with parchment paper (slit edges 45 degrees from the corners of the pan for a perfect fit)
- pour into pan

Bake 350 degrees for 12-17 mins

When finished, bars should be firm to the touch. While still warm lift out of the pan with the excess edges of the parchment, use a pizza cutter to divide into squares or a large chopping knife, and store in an airtight container in the fridge. If they cool before storing they lose moisture and become dry. They last about 10 days and freeze nicely.

Notes from Katie:

These bars look like a brownie and are dairy*, gluten, and starch free! This is a great alternative to the afternoon muffin/cookie, morning toast or to curb a craving for something sweet at night. This recipe can be modified easily according to sweet/salt and texture preferences. I have been making them for about a year and finally think I have the recipe down. One of my favorite things about the recipe is that you can use a variety of ingredients for those with sensitivities to certain foods. We use these as breakfast/snack bars. They are filled with healthy fats, a bit of lean protein, and are an upgrade on any store bought bar.

When starting to make changes in lifestyle you feel like you have to stop all the things you like. The trick to sticking with new habits is replacing old bad habits with new healthy ones. Give it a try.

I divide the pan to make 24 bars and package.

Each rich and filling bar has 1 protein and 2 fats.

I have served these at brunch family gatherings adding a bit extra salt and stevia, then drizzled melted dark chocolate and peanut butter on top. I don't recommend doing this on the regular, but it is a great alternative to rolls and sweets.