Energy Bars

Diabetes Friendly

Items Needed: Mixing bowl, food processor, knife, cutting board

Serves: 20

Ingredients:
- 1 cup quick cooking rolled oats
- 2 tbsp chia seeds
- 2 tbsp sunflower seeds
- 2 tbsp poppy seeds
- 2 tbsp sesame seeds
- 1/2 cup toasted wheat germ
- 1/4 cup whole-wheat pastry flour
- 1/4 cup dried apricots
- 1/2 cup raw almonds
- 1/4 cup raisins
- 1/4 cup pitted dried dates
- 1/2 cup powdered nonfat dry milk
- 1/2 teaspoon ground cinnamon
- 1/8 cup nonfat dry milk powder
- 1/4 cup pure maple syrup
- 2 large egg whites

Directions:
1. Preheat the oven to 350 degrees F. Coat a 9 by 13-inch baking pan with cooking spray.
2. Place all ingredients except the syrup and eggs in a food processor and pulse until the mixture is finely chopped. Add the syrup and eggs and pulse until the mixture is well combined. It will resemble a coarse paste.
3. Transfer to the baking pan and spread evenly. Bake until just done, about 20 minutes. Cut into 20 squares.

Nutrition Information (per 1/20th recipe):
Calories: 88   Fat: 2.4 g   Carbs: 12.9 g   Protein: 3.2 g   Fiber: 1.8 g   Sodium: 20.1 mg

This recipe was altered from the following website:
https://www.foodnetwork.com/recipes/ellie-krieger/energy-bars-recipe-1917094/
https://wexnermedical.osu.edu/nutrition-services
https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education