

# 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
- 1/2 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>

