



SAVE  MORE  
THAN FOOD  
MAKE A DIFFERENCE

# BACK-TO-SCHOOL ENERGY BARS

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## INGREDIENTS



**OLD-FASHIONED OATS**  
1 cup  
(or crushed cereal or granola)



**NUT OR SEED BUTTER**  
½ cup  
(peanut, almond,  
sunflower seed or tahini)



**HONEY, MAPLE SYRUP OR  
MASHED OVERRIPE BANANA**  
½ cup



**ANY MIX-IN YOU  
HAVE HANDY**  
½ cup

YIELD: 6-8 SERVINGS | TIME: 40-45 MINUTES

## FOOD SAVING HACKS

Don't toss those browning bananas or stale granola — they're perfect energy bar ingredients! This recipe is your kitchen clean-out superhero, transforming would-be waste into delicious treasure.

### MIX-INS:

**Dried Fruits:** Dates, raisins, cranberries, cherries or apricots.

**Nuts and Seeds:** Walnuts, almonds, cashews or chia, flax or hemp seeds.

**Sweets:** Shredded coconut, chocolate chips or cacao nibs

**Spices:** Cinnamon, ginger, cardamom or pumpkin pie spice.

**Sneaky Veggies:** Cooked sweet potato, pumpkin puree or finely grated carrots

### INSTRUCTIONS

1. Depending on the ingredients you're using, you can either:
  - Use a food processor to pulse tougher ingredients like nuts and dried fruit until they form a paste, then add softer ingredients and mix until everything is combined.
  - Use a mixing bowl to combine finely chopped ingredients and nut butter, and mix with a spoon or your hands.
2. If the mixture is too dry, add a little more sweetener or a tiny amount of water or liquid sweetener. If it's too sticky, add more oats or a similar dry ingredient.
3. Press into the bottom of a pan and cut into bars or roll the mixture into bite-sized balls.
4. Refrigerate the energy bars for at least 30 minutes to help them firm up

**SAVE MORE THAN FOOD!** Pop your back-to-school energy bars into the freezer in an airtight container for up to 3 months, and you've got an instant snack stash!