



trifit

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Fig and Walnut Energy Bars

Dried figs give this recipe a delicious taste. If you don't like figs, feel free to substitute dried cranberries.

Ingredients

Cooking spray

1 cup quick-cooking oats

1 cup bran cereal

¼ cup whole-wheat flour

1 cup walnut pieces

1 ½ cups coarsely chopped stemmed dried figs

½ cup nonfat dry milk

½ tsp ground cinnamon

¼ tsp ground ginger

¼ cup honey

2 large eggs

1. Preheat the oven to 350°F. Coat a 9x13-inch baking pan with cooking spray.
2. Place the oats, bran cereal, flour, walnuts, figs, dry milk, cinnamon and ginger in a food processor; coarsely chop.
3. Add the honey and eggs; pulse until well combined.
4. Transfer the mixture to the pan; spread evenly with your fingers. Bake until lightly browned around the edges, about 20 minutes.
5. Cool in the pan for 15 minutes, then cut into 16 bars. Store in an airtight container at room temperature for up to 3 days, or wrap individually and freeze for up to 3 months.

Amount per serving:

Calories: 149

Fat: 6 g (1 g sat. fat)

Sodium: 31 mg

Carbs: 22 g

Fibre: 4 g

Protein: 5 g

Source: <http://www.foodnetwork.com/recipes/food-network-kitchens/fig-and-walnut-energy-bars-recipe/index.html>