



Make energy bars

Need an energy boost? Grab one of these bars when you're on the go.

What you need

- 120g rolled **oats**
- 100g crushed **almonds**
- 100g dried fruit
- 8 tbsp honey
- 250g **peanut butter**
- 2 tbsp coconut oil

- Bowl
- Wooden spoon
- Pan
- 20cm square baking dish

Instructions

- 1** Mix the oats, almonds and dried fruit together in a large bowl.
- 2** Pour the honey, peanut butter and coconut oil into a pan and pop on a low heat. Cook until melted and mix together.
- 3** Slowly pour the wet mixture onto your dry ingredients. Fold together until the oat mixture is fully coated in the peanut butter mixture.
- 4** Press your mixture into a square baking dish and flatten it until it is about 2.5 centimetres thick.
- 5** Cover with cling film and pop in the fridge for about four hours. Cut into bar shapes. The bars will keep in the fridge for up to five days.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



How does it work?

Oats contain fibre – the parts of a plant that your digestive system can't break down – and carbohydrates. These are made up of sugar molecules (groups of atoms, held together by chemical bonds), which are linked together in long chains. Your body breaks these down slowly, providing a steady supply of energy and keeping you feeling fuller for longer. Almonds are packed full of vitamin E, which protects your cells, while peanuts are high in protein. The dried fruit also counts towards your five-a-day portions of fruit and veg.



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