

Fig Walnut Energy Bars

Ingredients:

	cooking spray
1 cup	quick-cooking oats
1 cup	bran cereal
¼ cup	whole-wheat flour
1 cup	walnut pieces
1 ½ cups	stemmed dried figs, coarsely chopped
½ cup	nonfat dry milk
½ tsp	ground cinnamon
¼ tsp	ground ginger
¼ cup	honey or agave
2 large	eggs



Making it:

1. Preheat the oven to 350. Coat a 9 x 13" baking pan with cooking spray.
2. Place the oats, 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, ~ 20 min. 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.

Tips and Hints:

- Dip your fingers in water before pressing down to help prevent mixture from sticking.
- Dates also work well with this recipe. Make sure they are pitted.
- Add some crystallized ginger for a more distinct ginger flavour and extra carbohydrate.

NUTRITION FACTS

Servings: 12
Serving Size: 1 bar

Total Calories	149
Carbohydrate	22 g
Total Fat	6 g
Protein	5 g
Fiber	4 g

Prep Time: 15
Cook Time: 20
Total time: 35