

Vegan energy bars



Ingredients

(Makes 12–16)

- ½ cup (50 g) rolled oats
- ½ cup (75 g) walnuts, almonds or brazils
- ½ cup (75 g) sunflower seeds
- ½ cup (75 g) sesame seeds
- ½ cup (75 g) dried apricots, chopped
- ½ cup (100 g) medjool dates, chopped
- ½ cup (75 g) sultanas
- ½ cup (50 g) grated apple, about 1 small apple
- 1 teaspoon cinnamon
- 1 teaspoon mixed spice
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest pinch of salt
- ¼ cup (60 ml) cold-pressed almond, olive or coconut oil

Directions:

1. Put the oats, nuts and seeds in a food processor and blend until chopped. Add the rest of the ingredients and blend until the mixture starts to come together in a ball.
2. Press into a rectangular shape, about 1 cm (½”) thick, in a greased, lined 23 cm (9”) square tin
3. Bake at 150°C/300°F/Gas 2 for 20–25 minutes. Cut into bars.

This recipe appears in *Divine Vegan Desserts* by Lisa Fabry