



# Peanut Butter Energy Bars

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 24 servings | Serving Size: 1 bar

## Ingredients

Nonstick cooking spray

1 cup flax meal (ground flaxseed)

1 cup creamy natural peanut butter

½ cup honey

1 teaspoon vanilla extract

2 cups old fashioned (rolled) oats

½ cup dried tart cherries, chopped

½ cup sliced almonds

## Directions

1. Coat the inside of a 9x13-inch baking dish with nonstick spray.
2. In a large mixing bowl, stir together the flax meal, peanut butter, honey, and vanilla.
3. Add the oats, dried cherries and sliced almonds. Stir to combine.
4. Transfer the mixture to the prepared pan and press firmly into an even layer. Cover with a lid or plastic wrap and place in the refrigerator to chill for at least 1 hour.
5. Remove from the refrigerator and cut into 24 bars, then serve or wrap each in plastic wrap and store in refrigerator for up to 14 days.

## Recipe Notes

- Substitute your favorite nuts, nut butter, or dried fruit as desired.
- Add mini semi-sweet chocolate chips in place of some or all the dried cherries, if desired.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 35 mg | Total Carbohydrate: 17 g | Dietary Fiber: 3 g | Protein: 2 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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