

EARTHY ENERGY BARS

10 MIN
PREPARATION
TIME

15-20 MIN
COOKING TIME



Ingredients:

- Pumpkin Seeds/Pepitas $\frac{3}{4}$ cup
- Sunflower Seeds $\frac{1}{2}$ cup
- Raisins $\frac{1}{2}$ cup
- Desiccated Coconut $\frac{1}{2}$ cup
- Sesame Seeds 2tbs
- Maple Syrup $\frac{1}{4}$ cup
- Tahini 2tbs
- Coconut Oil (melted) 2tbs

Directions:

Preheat your oven to 170°C (fan-forced).
Mix all ingredients together in a large bowl.
Spread the mixture evenly onto a lined or greased baking tray.
Bake for 15–20 minutes, or until golden brown.
Cool completely at room temperature.
Slice into bars and enjoy!

Tips:

If you're looking to mix things up or tailor them to different tastes or goals, here are some creative swaps and additions:

Seed & Nut Variations

- Chia seeds – add crunch and omega-3s
- Flaxseeds (ground) – great for binding and fiber
- Almonds, walnuts, or pecans (chopped) – add texture and richness

Dried Fruit Alternatives

- Goji berries – tart and antioxidant-rich
- Dried apricots or figs – chewy and naturally sweet
- Medjool dates (chopped) – excellent binder and caramel-like flavor
- Cranberries (unsweetened) – tangy

Flavor Boosters

- Cinnamon or nutmeg – warm spice depth
- Vanilla extract – rounds out sweetness
- Orange zest – bright citrus lift

Protein Add-in

- Protein powder (vanilla or chocolate) – for a post-workout boost

For best results, try the original recipe first to experience its natural balance of flavors and textures. Once you've got a feel for it, feel free to experiment with any of the above ingredients to suit your preferences or nutritional needs.

Enjoy!