

Chocolate Chip Energy Bars

This recipe is an easy, basic bar, great for breakfasts and snacks on the go. It's easily changed depending on what's in your cupboards! Feel free to experiment and add other ingredients like coconut, almonds, or dried fruits. The applesauce cuts calories and fat.



Serves 12
Prep time: 10 min

Cook time: 25 min
Total time: 35 min

INGREDIENTS

- 3 cups rolled oats
- 1 cup chopped walnuts
- 1 cup applesauce
- 1 cup chocolate chips
- 1/2 cup honey
- 6 eggs, beaten
- 4 teaspoons vanilla extract

options:

- 1 cup coconut flakes
- 1 cup dried blueberries
- 1 cup raisins

DIRECTIONS

1. Grease a 9x13-inch baking pan.
You can also use parchment paper
2. Mix oats, walnuts, olive oil, chocolate chips, honey, eggs, and vanilla extract together in a large bowl.
3. Press oat mixture firmly into the prepared baking pan.
4. Place pan in a cold oven.
5. Heat oven to 350 degrees F (175 degrees C) and bake energy bars until heated through, 25 minutes.
6. Cool completely before cutting into squares.