

Superfood Energy Bars

These gluten-free energy bars are packed with superfoods, providing a nutritious boost perfect for any time of the day. With the warming spices of ginger and turmeric, combined with the nutty flavor of almond butter, these bars will keep you energized and satisfied.


15 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup oat flour
- 2 tbsp chia seeds
- 1/2 tsp ground ginger
- 1/2 tsp ground turmeric
- 1/4 cup almond butter
- 2 tbsp honey or maple syrup
- 1/4 cup dehydrated fruits (like cranberries or apricots)
- 1/4 cup pea protein powder
- Pinch of salt

Steps

- 1 In a mixing bowl, combine oat flour, chia seeds, ginger, turmeric, and salt.
- 2 In another bowl, mix almond butter and honey (or maple syrup) until smooth.
- 3 Combine the wet and dry ingredients, mixing well.
- 4 Fold in dehydrated fruits and pea protein powder until evenly distributed.
- 5 Press the mixture into a lined baking dish, spreading it evenly.
- 6 Refrigerate for at least 1 hour until firm.
- 7 Cut into bars and enjoy!