

FRUIT AND NUT ENERGY BARS

Recipe from The Vegetarian Athlete's Cookbook

These bars not only taste far better than shop-bought energy bars but the nuts and oats help prevent a blood sugar spike so you get more prolonged energy. They're packed with protein, essential fats, vitamins and minerals and make a perfect pre- or post-workout snack.

Makes 12 bars

- 200g (7oz) soft 'ready-to eat' or Medjool dates
- 2 tbsp honey
- ½ tsp ground cinnamon
- 125g (4oz) rolled oats
- 100g (3 ½ oz) chopped roasted hazelnuts
- 50g (2oz) flaked almonds
- 50g (2oz) chopped walnuts
- 50g (2oz) raisins
- A pinch of salt

- Heat the oven to 190 C/ fan 170/ gas 5. Line a 23cm (9in) square baking tin with baking parchment.
- Place the dates in a small saucepan with enough water to just cover. Cook the dates for about 5 minutes until soft. Drain off most of the water and puree with the honey in a food processor until smooth.
- Mix the cinnamon, oats, nuts, raisins and salt in a large bowl, add the date puree and mix until well combined. Press the mixture into the lined tin, smoothing the surface so it is even on all sides. Bake for 20 minutes or until the mixture feels firm and the edges are just starting to come away from the sides.
- Cool in the tin then cut into bars. They can be stored for up to a week in an airtight tin.

NUTRITION per serving:

228kcal, 5g protein, 11g fat (1g saturates), 25g carbs (17g total sugars), 4g fibre