

Apple Sauce Energy Bars

Makes: 24

Prep time: 10 minutes

Bake time: 30 minutes

We called these Breakfast Energy Bars and they were a hit by far of the snacks. They freeze beautifully and a super home-made snack when paired with a tropical smoothie!

Ingredients

3 cups (750 mL) large flake oatmeal

1 cup (250 mL) flour

1 cup (250 mL) unsweetened coconut flakes

1-1/2 cups (375 mL) dried fruit bits** (blueberries, cranberries, apricots, apples)

1/2 cup (125 mL) brown sugar

2 tsp (10 mL) ground cinnamon

1 tsp (5 mL) baking soda

1/2 cup (125 mL) canola oil

1 cup (250 mL) unsweetened Apple Sauce

1 egg

Directions

Preheat oven 350° F. In a large bowl, combine oats, flour, coconut, fruit bits, brown sugar, cinnamon and baking soda. In separate bowl, mix together canola oil, applesauce and egg. Stir applesauce mixture into dry ingredients until just combined. Spread mixture into lightly greased or parchment lined 9 x 13-inch baking dish. Bake 20-25 minutes, or until lightly browned. Remove from oven and cool before cutting into squares.

Tips:** place a mixture of dried fruit into food processor with 1 tbsp (15 mL) flour to get really fine bits. Freezing the softer dried fruit like dates also makes it less sticky. Do a large batch and set aside in 1-1/2 cups baggies for last minute preparation.

Give these energy bars a boost and substitute flavoured unsweetened applesauce like Mango Peach.

Source: www.foodthought.com

www.carhahockey.ca/fitforhockey

