



# Peanut Butter Energy Bars

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 24 servings | Serving Size: 1 bar

## Ingredients

Nonstick cooking spray

1 cup creamy natural peanut butter

1 teaspoon vanilla extract

½ cup honey or agave

1 cup ground flax seed (flax meal)

2 cups rolled (old fashioned) oats

½ cup dried tart cherries, chopped

½ cup sliced almonds

## Directions

1. Coat the inside of a 9x13-inch baking dish with nonstick spray.
2. In a large mixing bowl, stir together the peanut butter, vanilla, honey, and ground flaxseed.
3. Stir in the oats, dried cherries and sliced almonds.
4. Press the mixture firmly into prepared pan, the cover with a lid or plastic wrap. Place in the refrigerator to chill for at least 1 hour.
5. Remove from the refrigerator and cut into 24 bars.
6. Wrap each bar and store in refrigerator for up to 2 weeks.

## Recipe Notes

- Substitute your favorite nuts, nut butter, or dried fruit as desired.
- Substitute ½ cup mini semi-sweet chocolate chips for the dried fruit, if desired.

Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 35 mg | Total Carbohydrate: 17 g | Dietary Fiber: 3 g | Protein: 2 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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