



Montana Gluten Free Processors

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## Gluten Free Energy Bars

### Ingredients:

- ½ cup Montana Gluten Free Oat Bran\*
- ½ cup Montana Gluten Free Raw Oatmeal
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- 1 cup walnuts
- 1 cup almonds
- 1 cup dried, unsulphured apricots, chopped
- ½ cup chocolate chips
- ⅓ cup honey
- 1 large egg
- 2 Tbsp coconut oil, melted, plus some to grease the pan
- 1½ tsp vanilla

### Directions:

- Preheat oven to 350° F. Grease a 9-inch square baking pan.
- Place the Oat Bran, cinnamon, and sea salt in a food processor and pulse until well mixed.
- Add the walnuts, almonds, apricots, and Raw Oatmeal and pulse several times, until the nuts and apricots are in small chunks but not completely ground.
- Add the chocolate chips and pulse a few times, leaving larger chunks.
- In a large bowl, whisk together the honey, egg, melted coconut oil, and vanilla. Whisk for 1 minute to ensure the ingredients are well mixed.
- Add the dry (pulsed) ingredients to the wet ingredients and mash together with a fork or your hands.
- Spread the mixture in the prepared pan. Cover with parchment paper and press and flatten evenly. Remove the parchment paper.
- Place pan on center rack of the oven and bake for 22 to 24 minutes, until golden brown.
- Remove from oven and let cool. Place the pan in the refrigerator to chill before cutting into bars. Store bars in an airtight container in the fridge, or wrap individually and freeze.

\* *Montana Gluten Free Cream of Oats can be used in place of Oat Bran*

*These bars are power-packed with nutrition and great for athletes. They're high in carbohydrates (great workout fuel), high in protein (for recovery), and super high in iron thanks to the Oat Bran. The bars are also high in fat (another source of workout fuel), but the fat is from healthy sources, so don't fret. Because of the high fat content, they aren't low calorie, but if you need a boost while out hiking, biking, or during a mid-afternoon work slump, these power bars will serve you well.*

PER SERVING (1 bar): 225 calories; 14 g fat; 22 g carbohydrate; 6 g protein; 3 g fiber

NUTRITION BONUS: 1 bar provides 30% of the RDA of iron