



June 22- Fig and Walnut Energy Bars

Smart Snack

Link: <http://www.foodnetwork.com/recipes/ellie-krieger/fig-and-walnut-energy-bars-recipe.html>

Recipe

Ingredients:

- 1 cup quick-cooking oats
- 1 cup bran cereal
- ¼ cup whole-wheat flour
- 1 cup walnut pieces
- 1 ½ cups coarsely chopped stemmed dried figs
- ½ cup nonfat dry milk
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ cup honey
- 2 large eggs

Instructions

1. Preheat the oven to 350°F. Coat a 9" x 13" baking pan with cooking spray.
2. Place the oats, cereal, flour, walnuts, figs, dry milk, cinnamon and ginger in a food processor; coarsely chop.
3. Add the honey and eggs; pulse until well combined.
4. Transfer the mixture to the pan; spread evenly with your fingers. Bake until lightly browned around the edges, about 20 minutes. Cool in the pan for 15 minutes, then cut into 16 bars. Store in an airtight container at room temperature for up to 3 days, or wrap individually and freeze for up to 3 months.

Yield 16 servings

Nutrition Facts

Serving Size 1 bar (46.37g)
Servings Per Container 16

Amount Per Serving

Calories 160 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 40mg **2%**

Total Carbohydrate 24g **8%**

Dietary Fiber 4g **15%**

Sugars 14g

Protein 5g **10%**

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.