



Walk *your* Weekends

the ultimate guide to hiking Britain like a local
(no car? no holidays? no problem.)

EASY ENERGY BAR RECIPE

Makes about 8 chunky bars - Keeps in fridge for several days



I'm not good at cooking but I love to eat. So that's why I love this recipe – it's easy peasy, extremely quick and makes bars that are nutritious, healthy, full of energy and tasty!

And they're great for hiking – in fact as you see I took some on my last hike with me!

(Recipe adapted from [Nicholette von Reiche](#))

EASY ENERGY BAR RECIPE

Ingredients	Tools
1 cup almonds or cashews 1/2 cup raisins or dried blueberries or cranberries 1 cup oats 1/3 cup pumpkin seeds Cocoa powder 6-8 dates or honey	Blender Shallow dish or tub Fridge

1. Put in a blender:

1 cup almonds (could also use cashews)
1 cup oats
1/3rd cup of pumpkin seeds (or sesame, sunflower seeds)

2. Blend, blend, blend!

...Until it resembles breadcrumbs

3. Add into the blender:

½ cup raisins or dried cranberries or blueberries (or similar)
About 6-8 dates or 2 tablespoons of honey
2 tablespoons of cocoa powder

4. Blend, blend, blend!

Until the dates have disappeared (only takes a couple of minutes).
Add more cocoa powder if desired, so colour resembles a chocolate brownie.

5. Add 1 tablespoon of boiled water into blender

6. Blend, blend, blend (for 30 seconds)!

Repeat the above two steps until the mixture starts to clump into a ball.

7. Squash the mixture down into a shallow dish

Squish it and press it down into a dish with a fork or spoon.

8. Put in fridge for 1 hour

9. Cut into bars & keep in fridge