

Cocoa Energy Bars

Andrea's Award Winning Recipe



It's your health. Take a stand.

Andrea Holwegner BSc, RD, president of Health Stand Nutrition Consulting Inc. won 1st prize for her Cocoa Energy Bars in a recipe contest with the Peanut Bureau of Canada.

Makes 32 Bars

What You Need

3/4 cup peanut butter
3/4 cup honey
3/4 cup brown sugar
1/2 cup cocoa
1-1/2 cup oatmeal

1-1/4 cup rice crisp cereal
1 cup dried fruit (such as cranberries)
1 cup crushed nuts (such as peanuts)

Serve these bars as a delicious snack, pack them on a road trip, or have them after a workout.

Per Serving

Calories 133
Carbohydrates 20 g
Protein 3 g
Fat 6 g
Dietary Fiber 2 g

How You Prepare

In a pot, combine peanut butter, honey, sugar, and cocoa and cook until smooth. Add the rest of ingredients and mix well. Spray a 9 by 13 inch pan and firmly press batter in pan. Cool before cutting into squares.

Time Saver: Double the recipe! Cut into bars and wrap in plastic wrap and freeze for snacks when needed.