

Homemade Energy Bar Recipe



4.6 from 14 reviews

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Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: 14

Category: Snack

Method: Food Processor

Cuisine: American

Ingredients

SCALE

- 15 Medjool dates (9 ounces)*
- 1 cup raw pecan halves
- 1/2 cup gluten free oats
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon [kosher salt](#)

Instructions

1. Preheat the oven to 200F.
2. Remove the pits from the dates with your fingers (they come right out!). Place the dates in the food processor and process or pulse until they are mainly chopped and a rough texture forms. Then add the remaining ingredients and process for a minute or so until a crumbly dough forms.
3. Line a baking sheet or jelly roll pan with parchment paper. Dump the dough into the center of the parchment paper and use a rolling pin to roll it into a rectangle that is 6" x 10.5". Cut the dough into 14 bars that are 1.5" x 3". (You don't have to be as precise as we were, but we found it was easiest for cutting uniform bars!)
4. Bake the bars for 30 minutes (this step helps to make the texture more dry and less sticky). Cool the bars to room temperature, then store refrigerated in a sealed container between sheets of wax paper. If you'd like to package them for on the go snacking, cut out 4" x 6" rectangles of wax paper, wrap them around the bars, and secure them with tape. Stays good for 1 month refrigerated (or more, but they may not last that long!).



PIN RECIPE