

PEANUT-FREE HOMEMADE ENERGY BARS RECIPE

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Remember to always consider any specific dietary restrictions or allergies of the individuals enjoying these delicious homemade energy bars!

Ingredients:

- 1 1/4 cup flour (whole wheat flour can be used for half)
- 1 cup firmly packed brown sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup butter
- 1 tsp vanilla
- 1 egg
- 1 cup quick-cooking oats
- 1/2 cup chocolate chips
- 1/4 cup sunflower seeds

Optional Ingredients:

- 1/2 cup peanut butter (for those without allergies)
- 1/4 cup nuts (for those without allergies)
- 1/2 cup wheat germ
- 1/2 cup coconut
- 1/2 cup raisins or dried cranberries
- Any other favorite ingredients you love!

Instructions:

1. In a mixing bowl, combine flour, brown sugar, baking soda, salt, butter, vanilla, and egg. Beat the ingredients until well blended.
2. Stir in the quick-cooking oats to the mixture.
3. Now comes the fun part! Add one or two of your favorite optional ingredients to customize the energy bars according to your taste.
4. Press the dough into a greased 13 x 9 inch pan, ensuring it is evenly distributed.
5. Sprinkle the chocolate chips and sunflower seeds on top of the dough, adding an extra touch of deliciousness.
6. Preheat your oven to 375°F (190°C) and bake the bars for 15 to 20 minutes, or until they turn golden brown.
7. Once they're ready, allow the homemade energy bars to cool before cutting them into individual servings.