

Herbal Legacy Recipes

MAKE YOUR OWN ENERGY BARS

Submitted by - Yvonne Salcido

ENERGY BAR

- 2/3 c. natural peanut butter or almond butter
- 1/2 c. honey
- 3 c. regular oats
- 3/4 c. almonds
- 1/3 c. raw sunflower seeds



Warm peanut butter and honey.

Stir in oats, almonds, and sunflower seeds.

Press in a 9x13 pan. Cut in squares and enjoy.

Soft and chewy.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy