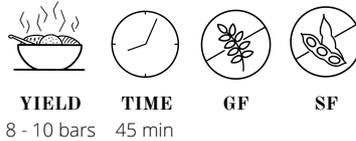


ORANGE HIGH-ENERGY  
OAT BARS



# ORANGE HIGH-ENERGY OAT BARS



## INGREDIENTS

½ cup (55 g) raw pecans  
⅔ cup (125 g) dried apricots  
1 cup (90 g) old-fashioned rolled oats (GF if desired)  
½ cup (95 g) almond flour\*  
½ tsp cinnamon  
zest from 1 orange  
pinch of salt

1 cup (250 mL) peanut butter  
½ cup (120 mL) maple syrup  
1 tsp (5 mL) pure vanilla extract

½ cup (75 g) dairy-free dark chocolate, melted  
½ tsp (3 g) flaked sea salt  
zest from 1 orange

## DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. To a pan on medium-high heat, toast pecans for 3 - 5 minutes until they become aromatic. Stir occasionally to prevent burning.
3. Add the pecans and apricots to a [food processor](#) and blitz them up into small chunks.
4. Add the mixture from food processor to a large bowl, along with the oats, almond flour, cinnamon, orange zest, and salt. Combine with a wooden spoon.
5. Then to the bowl we'll add the peanut butter, maple syrup, and vanilla extract. Stir until everything is well combined.
6. Line a 26 x 17 cm (10 x 7 inch) oven dish with parchment paper and transfer the mixture to the baking dish.
7. Bake in the oven for 25 - 30 minutes until the top is lightly golden.
8. Let cool for 5 minutes, and then remove from the baking dish to cool completely.
9. Meanwhile, melt the dark chocolate and drizzle it over the bars. Sprinkle on some sea salt and orange zest. Cut into 8 squares or about 10 bars, and enjoy!

## NOTES

- If you don't have almond flour, use a heaping ½ cup (100 - 110 g) of raw whole almonds, and blend in a food processor until you achieve a flour-like consistency.
- **Storage:** store in an [air-tight container](#) on the counter for up to 3 days, in the fridge for up to 6 days, and in the freezer for up to 2 months.
- **Variations:** substitute dried apricots for dried mango, or substitute pecans for hazelnuts, walnuts, or cashews.