

High Voltage Energy Bars



INGREDIENTS

- ½ cup toasted nuts, chopped (almonds, walnuts, pecans or sunflower seeds)
- ½ cup unsweetened, dried fruit (raisins, dried cranberries, dates, dried cherries, etc.)
- 1 cup old-fashioned oats
- ¾ cup crisp rice cereal (brown rice cereal preferred)
- ¾ cup almond or peanut butter
- ¼ cup honey or real maple syrup
- 1 tsp. vanilla extract



DIRECTIONS

1. Line an 8x8 pan with wax paper, parchment paper or foil, leaving some hanging over the edges for covering the bars later.
2. In a large bowl, mix together chopped nuts, dried fruit, old-fashioned oats, and rice cereal.
3. Put nut butter and honey in small microwavable bowl and microwave about 30 seconds until smooth. Stir in vanilla.
4. Add nut butter mixture into oat mixture and stir until well combined.
5. Transfer the mixture into the lined pan. Press down the bars into the pan as hard as you can. Fold over the extra wax paper to fully cover the bars. Cover with plastic wrap and refrigerate at least 4 hours. Can be refrigerated up to 1 week. Cut into 16 small bars.

NOTE: If desired, you can toast your nuts in a non-stick pan on medium-low heat until they brown and become fragrant. Be careful that you don't burn them.

NUTRITION FACTS *16 servings*

Calories: 116	Total Carbohydrate: 12 g
Fat: 13 g	Dietary fiber: 2 g
Sodium: 301 mg	Protein: 3 g

Pan Roasted Green Beans



INGREDIENTS

- 1 Tbsp. olive oil
- 2 garlic cloves, peeled and minced or ¼ tsp. garlic powder
- 1 Tbsp. finely chopped fresh ginger, optional
- 1 lb. green beans, washed and trimmed
- ¼ tsp. Kosher salt
- ¼ cup cold water

NUTRITION FACTS *4 servings*

Calories: 72	Total Carbohydrate: 10 g
Fat: 4 g	Dietary fiber: 4 g
Sodium: 155 mg	Protein: 2 g

DIRECTIONS

1. Heat oil over low heat in a medium skillet. When oil is hot, cook the garlic and ginger (if desired) for about 30 seconds, until just golden. Add salt and beans, and stir to coat with oil.
2. Add water and increase heat to high. Remove from heat when pan is almost dry, 5-6 minutes. Serve immediately.
3. For some extra flavor, before serving, you can add 1 tsp. Dijon mustard, or add 1 Tbsp. chopped toasted nuts, or 1 Tbsp. chopped fresh herbs, or to make spicier beans, add ½ tsp. crushed red pepper or dash of hot sauce.