

Gluten-Free Nordic Energy Bars Recipe

This winning recipe was chosen for high-nutrition, great taste and low-energy consumption in preparation – less than 6 cents in electricity. And it is gluten-free, for those avoiding wheat.

These bars are not only delicious, they provide a great array of nutrients and are easy to digest and absorb. They are great for athletes or to take on a hike or put in a lunchbox.

Timing: Start this recipe about 4-5 hours before serving. The active preparation time is about 20 minutes.

Equipment: Brød & Taylor Folding Proofer, blender (or food processor), 15" x 11" rectangular baking pan (about 38cm x 28cm). A flax, spice or coffee mill for grinding the flax seeds or you can purchase ground flax seeds.

Nordic Bars Recipe

Makes 48 bars, 1.3oz or 37 grams each

	Volume	Grams	Ounces
Butter	¼ C	57	2
Brown sugar	1/3 C	45	1.6
Honey	½ C	187	6.6
Maple syrup	½ C	170	6
Peanut butter, creamy	½ C	147	5.2
Almond butter, creamy	½ C	147	5.2
Rolled oats	1 C	85	3
Quick oats	3 C	255	9
Sunflower seeds	¾ C	85	3
Flax seed, ground	½ C	57	2
Oat bran	½ C	43	1.5
Salt	½ tsp	3	0.1
Chia seeds	2 T	34	1.2
Almonds, whole	1 C	156	5.5
Cranberries, dried	½ C	71	2.5
Medjool dates, pitted	8	130	4.6
Apricots, dried whole	8	60	2.1
Vanilla	1 T	14	0.5

Prepare liquid ingredients. Place butter in the center of a three quart bowl with brown sugar on top. Set bowl in the Proofer with temperature at 120 °F / 49 °C for 1 hour allowing butter to melt, whisk together and return to the Proofer for 1 more hour or longer. There is no urgency in timing while using the gentle warmth of the Proofer. Whisk again and add honey, maple syrup, peanut butter, and almond butter. Return to the Proofer for another hour to soften.

Prepare dry ingredients and fruit. In a large 5 quart / 5 L bowl combine rolled oats, quick oats, sunflower seeds, ground flax seed, oat bran, salt and chia seeds.

Place almonds in the bottom of a blender (or food processor) and dried fruit on top. Pulse until finely chopped. Add to dry ingredients and mix thoroughly.

Combine dry and liquid ingredients. Remove bowl of liquid ingredients from Proofer and stir in vanilla. Pour liquid mixture immediately over dry ingredients in the large bowl and mix well. Mixture should hold together similar to cookie dough.

Form the bars. Lightly butter the baking pan. Spread mixture evenly in the pan and loosely cover with plastic wrap. Use your hands to press down on the plastic wrap and form a level, firmly packed surface. Refrigerate to cool completely and cut into bars. They may be individually wrapped, stored in the freezer, and can be eaten frozen or at room temperature.