

Home Made Energy Bars

Makes: 4 in no.

Ingredients

- $\frac{3}{4}$ cup Rolled Oats
- $\frac{1}{4}$ cup of the mix (roasted peanuts, white and black sesame seeds, almonds, raisin/dates)
- $\frac{1}{2}$ cup Jaggery
- Pinch of Salt

Recipe

- Melt jaggery in a pan till it liquifies.
- Chop rest of the ingredients except the oats coarsely.
- Add all the ingredients to the pan, mix well such that the ingredients are coated well with jaggery.
- Cut into pieces once they cool down.
- Transfer them in a jar.
- Incorporate them as mid time snack or as pre or post workout snack.