

# Low-Glycemic Fruit & Nut Energy Bars

Wholesome homemade bars packed with fiber-rich oats, quinoa flour, and naturally sweet dried fruits—perfect for steady energy without blood sugar spikes.

Prep: 15 min

Cook: 30 min

Total: 45 min

Servings: 24

GL 4.8 / GI 55

## Ingredients

- Low GI whole grain flour, provides complete protein quinoa flour
- High in soluble fiber (beta-glucan) which slows glucose absorption rolled oats
- Rich in omega-3s and fiber, helps stabilize blood sugar flaxseed flour (ground flaxseed)
- Nutrient-dense, adds fiber and B vitamins wheat germ
- Provides healthy fats and protein to lower overall glycemic impact raw almonds, chopped
- Medium GI fruit, rich in fiber and potassium unsulfured dried apricots, chopped
- Contains natural sugars but high in fiber dried figs, chopped
- Lower GI than white sugar, use sparingly raw honey
- Choose unsweetened variety to avoid added sugars unsweetened dried pineapple, chopped
- Helps bind ingredients together cornstarch

# Instructions

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## Step 1

Preheat your oven to 300°F (150°C). Line a 9x13-inch baking sheet or rectangular pan with parchment paper, allowing the paper to extend over the edges for easy removal later.

## Step 2

In a large mixing bowl, combine the quinoa flour, rolled oats, flaxseed flour, wheat germ, almond flour, cinnamon, and salt. Whisk these dry ingredients together until evenly distributed.

## Step 3

Add the chopped almonds, dried apricots, and dried figs to the bowl. Toss everything together with your hands or a wooden spoon to ensure the dried fruits and nuts are well distributed throughout the flour mixture.

## Step 4

In a small bowl or measuring cup, combine the honey, melted coconut oil, and vanilla extract. Stir until well blended.

## Step 5

Drizzle the honey mixture over the dry ingredients and stir vigorously with a wooden spoon or sturdy spatula until all ingredients are thoroughly coated and the mixture begins to clump together. The mixture should be sticky and hold together when pressed.

## Step 6

Transfer the mixture to your prepared pan and press it down firmly and evenly using your hands or the back of a measuring cup. Compress the mixture to about 3/4-inch thickness, ensuring there are no gaps or loose spots. The more firmly you press, the better the bars will hold together.

## Step 7

Bake in the preheated oven for 25-30 minutes, or until the edges turn golden brown and the top feels firm to the touch. The bars should be lightly golden but not dark brown.

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### Step 8

Remove from the oven and allow to cool completely in the pan for at least 2 hours or until fully set. Once fully cooled, lift the parchment paper to remove the entire slab, then cut into 24 equal rectangular bars using a sharp knife. Each bar should weigh approximately 45 grams.

### Step 9

Store the bars in an airtight container at room temperature for up to 5 days, or refrigerate for up to 2 weeks. For longer storage, wrap individually in parchment paper and freeze for up to 3 months. For optimal blood sugar control, pair one bar with a protein source like Greek yogurt, cheese, or a small handful of nuts.