
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

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.

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.