

Lemon Blast ENERGY Granola Bars

ENERGY makes a great beverage alone, but can also be mixed into other foods or beverages for a convenient, on the go option. These granola bars not only provide the benefits of ENERGY you've come to love, but also double as a snack - perfect for those midafternoon lulls in energy.

Servings: 10 bars containing 48 mg caffeine each.

Ingredients:

- 2 heaping cups quick oats
- ¼ cup coconut oil
- 6 tbsp honey
- 3 tbsp water
- 4 packets ENERGY
- ¼ cup chopped, roasted macadamia nuts
- ¼ cup chopped dried pineapple
- 2 tbsp white chocolate chips
- Shredded coconut to taste

Directions:

1. Combine honey, coconut oil, and water in a small pot; stirring continuously, heat liquids on low temperature until thickness is reduced.
2. In a mixing bowl, combine oats and ENERGY; pour liquid mixture over dry mixture until all oats clump together.
3. Add nuts, pineapple, and chocolate chips and mix until incorporated.
4. Spread on baking pan, keeping the mixture at least ½ inch thick to keep final product from crumbling; top with coconut and press firmly to help all ingredients stick together.
5. Chill bars in fridge for 20 minutes; remove, cut into 10 bars, and enjoy now or cover in saran wrap for later!

Tip: For a lower calorie option, reduce honey to 4 tbsp and add 1 extra packet of ENERGY. Cut bars into 12 servings, each with roughly the same caffeine content as the higher calorie bars.

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