

Servings: **9** | Kcal per serving: **219** | Carbs per serving: **23g** | Fat per serving: **13g** | Protein per serving: **6g**

*All of the nutritional values listed, are an approximate guide calculated from My Fitness Pal and may vary depending on the brand of the products used.

HOMEMADE ENERGY BARS

Energy gels are a convenient choice, but sometimes you want something more substantial. These energy bars are quick and easy to make, delicious, and offer a good amount of immediate energy for on the bike.

Ingredients

- 2 large eggs
- 3 tablespoons honey
- oil spray
- 2 teaspoons grated orange zest
- 2 cups granola
- 85g chopped walnuts



Method (Preparation time 35mins)

1. Preheat the oven to 190°C (375°F) and spray an 8-inch square baking tin with cooking oil.
2. In a bowl, lightly whisk the eggs. Stir in the honey, add a few sprays of oil and the orange zest.
3. Stir in the granola and walnuts. Mix until thoroughly combined.
4. Spread the mixture in the baking pan and bake for 15 minutes, or until golden brown and set.
5. Cool for 10 minutes before cutting into 9 squares. Store tightly covered in the fridge.

Image Credit - [Kate Hopkins](#)