**Ingredients:**

2 Tbsp Almond Milk (or milk of your choice)

1 Tbsp Simple Vanilla Syrup\*

2 Tbsp Chia Seeds

1 Tbsp Ground Flax Seed (whole seeds are find too)

1 tsp Cinnamon

1 Cup Oats

8 Dates, pitted

1 Cup Almonds

**Directions:**

Put all ingredients listed, in the order listed, in your high powered blender and pulse on high until everything starts to stick together. It will kind of start to all stick to the sides. I usually pulse 5-10 times, turn the blender off and shake/hit the side of the blender, and then repeat until desired texture and sticking.

Put parchment paper in a cake pan or bread pan (I usually do the cake pan for thinner bars that are easier for Iris to eat), but to photograph for the post I did them in a bread pan. Up to you!

Scrape the mixture into your parchment paper and push down with a spoon until everything is smooth on top and stuck together. Put in the freezer for a few hours.

Remove from freezer and cut into bars or squares. They will keep in Tupperware or plastic bags for about a week.

We take these raw energy bars with us on airplanes, to the zoo, to tumble class, and more! I pretty much always have them in my purse these days for us to snack on when needed.