



EnergyBars

makes 16 bars



Ingredients:

- 1/2 cup lightly toasted nuts
- 2 Tbsp toasted unsweetened coconut
- 3/4 cup dried cranberries or any small dried fruit
- 3/4 cup quick-cooking oats
- 1 cup crispy-rice cereal
- 1/2 cup peanut butter or nut butter of your choice
- 1/4 cup maple syrup or honey
- 1 Tbsp vegetable oil
- 1/2 tsp vanilla extract

Directions:

- Line a pan with wax or parchment paper so it is overhanging the pan.
- Toast nuts and coconut in a dry pan, medium heat on the stove top. Toast for 5-6 minutes till it is light brown.
- Add toasted nuts + coconut, dried fruit, oats, and rice cereal in a medium bowl.
- Put peanut butter, maple syrup and oil in a microwavable bowl. Heat in microwave for 30 seconds until softened. Stir until smooth, add vanilla and stir again.
- Pour peanut butter mixture into the medium bowl and combine.
- Dump the mixture into the prepared pan and pat down as hard as you can so the bars are solid. Using the overhanging paper to cover the bars. Refrigerate for at least 4 hours.
- Cut into 16 bars and enjoy!

Nutrition facts: Calories-149, Fat-8gms, Sodium-84mg, Carbohydrates-18gms, Protein-3gms

