

No-Bake Chewy Granola Bars

Recipe Credit: Theresa Dvorak

Serves 9

Ingredients

- 2 Cups Puffed cereal (rice, kamut, etc.)
- 1 ½ Cups Quick rolled oats
- ½ Cup Light brown sugar, packed
- ½ Cup Honey
- ½ Cup Nut butter (peanut, almond, cashew, sunflower)
- 1 tsp Vanilla extract
- ¼ Cup Unsweetened shredded coconut
- ¼ Cup chia seeds
- ½ Cup mini chocolate chips, or 2 Tbls cocoa powder



Instructions:

1. Spray an 8"x8" baking dish with nonstick cooking spray or line with parchment paper
2. In a medium bowl combine nut butter, honey and brown sugar, stir to combine. Heat in Microwave for 3-4 minutes until hot and bubbling, stirring halfway through.
3. In a large bowl, combine puffed cereal, oats, coconut, and chia seeds.
4. Stir in vanilla to liquid mixture.
5. Pour liquid over dry ingredients, gently stir to combine. At the end stir in chocolate.
6. Pour mixture into prepared baking dish and press tightly with a silicone spatula.
7. Chill in refrigerator for approximately 30 minutes.
8. Slice and store in air tight container in refrigerator or freeze. Happy Snacking!