



No Bake Granola Bars

Serves 7

Serving Size 2 Bars

Ingredients

- 1 $\frac{3}{4}$ cup quick oats
- 1 cup almonds or other whole nuts (whole or chopped)
- $\frac{1}{2}$ cup mini chocolate chips (regular size works too)
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp salt
- 1 cup peanut butter
- $\frac{1}{2}$ cup honey
- 1 $\frac{1}{2}$ tsp vanilla extract

Directions

1. Line baking dish, baking sheet, or any flat surface with parchment paper.
2. In a large bowl combine the oats, nut of choice, chocolate chips, cinnamon and salt and mix completely.
3. In a different bowl add the nut butter, honey, and vanilla extract. Mix until ingredients are all combined. (If you need to heat the mixture, do so in a microwave but let it cool before adding to the first bowl, so chocolate chips do not melt).
4. Pour bowl containing honey mixture into the bowl containing the oats and mix well with big spoon until no dry oats remain.
5. Transfer mixture into baking dish, baking sheet or other flat surface covered with parchment paper or oil. Flatten the mixture evenly using the bottom of a drinking cup or baking sheet covered in parchment paper or spray so the mixture does not stick.
6. Put in refrigerator for at least an hour then cut bars into 14 pieces. These can be stored at room temperature for a few days or in the refrigerator.

*Can use cooking spray instead of parchment paper

*Nuts can be omitted if you do not have them

*Cut bars into 21 pieces for a snack

Nut-Free Variation:

Follow recipe above, replacing the following ingredients for a nut-free version:

- Replace 1 cup almonds with 1 cup pumpkin seeds (pepitas)