

No Bake Granola Bars



Great quick and easy granola bar recipe that kids can make. Perfect to throw in lunches or in your purse for travel. You can also add 1/4 cup wheat germ without changing the consistency. Change up the dried fruit, nuts, and chocolate for different flavors. I generally keep the bars in the refrigerator until I am ready to eat them, but these keep well to take to work or school.

Prep: 10 mins

Additional: 1 hr

Total: 1 hr 10 mins

Servings: 12

Yield: 12 bars



Ingredients

2 cups rolled oats
1 ¼ cups chunky natural peanut butter
1 cup ground flaxseed
¾ cup honey
¾ cup dried cranberries
½ cup chocolate chips
¼ cup sliced almonds

Directions

Step 1

Stir oats, peanut butter, flaxseed, honey, cranberries, chocolate chips, and almonds together in a bowl; press into a 9x11-inch baking dish, using the back of a spatula to press into a flat layer.

Step 2

Refrigerate mixture at least 1 hour.

Step 3

Cut into 12 bars and wrap each individually in plastic wrap for storage.

Nutrition Facts

Per Serving:

405 calories; protein 10.3g; carbohydrates 46.3g; fat 21.7g; sodium 108.8mg.