



Chewy Granola Crisp Bars

Yield: 10-12 bars

1 cup rolled oats

1 cup crisp rice cereal

$\frac{1}{4}$ cup raw sunflower seeds

$\frac{1}{2}$ cup raw almonds, chopped

$\frac{1}{2}$ cup unsweetened shredded coconut

2 tablespoons ground flax seed

1 tbsp cacao powder

$\frac{1}{2}$ cup dried currants or raisins

$\frac{1}{2}$ cup mini chocolate chips

$\frac{1}{2}$ cup peanut butter, almond butter or sunflower seed butter

$\frac{1}{2}$ cup honey

1 tsp vanilla

2 tbsp coconut oil

- 1) Mix the oats, rice cereal, nuts, seeds, flax, cacao, raisins and chocolate chips in a large bowl until well blended.
- 2) In a small sauce pan, combine honey, vanilla, peanut butter and coconut oil. Cook over medium heat, stirring constantly until the mixture comes to a boil and starts to thicken, 3 to 5 minutes.
- 3) Pour the peanut butter mixture into the oat mixture and stir until evenly coated. Spray an 8x8 pan with non-stick spray or line pan with parchment paper. Add mixture to pan. Place in refrigerator until firm. Cut into bars or squares. Wrap the bars individually or place them in an airtight container and store in refrigerator.