



Chewy Fruit and Bars

Servings 16 | Prep time 20 mins. | Total time 4 hours, 20 mins.

Equipment: Square 9x9 pan, Wax or parchment paper, Medium bowl, Small microwave-safe bowl

Utensils: Measuring cups and spoons, Mixing spoon

Ingredients

1/2 cup chopped nuts, any type

3/4 cup dried fruit, any type, chopped into small pieces if necessary

3/4 cup quick-cooking oats

3/4 cup crispy-rice cereal

2 tablespoons unsweetened shredded coconut (optional)

1/2 cup nut butter, any type

1/4 cup honey OR maple syrup

1 tablespoon olive or vegetable oil

1/2 teaspoon vanilla extract (regular or imitation)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Line a square 9x9 pan with wax or parchment paper.
3. Put the nuts, dried fruit, oats, rice cereal, and coconut (if using) in a medium-sized bowl and toss well.
4. Put the nut butter, honey, and oil in the small bowl and microwave for 30 seconds until the nut butter is softened. Stir until smooth. Add the vanilla and stir again.
5. Pour the nut butter mixture into the oat/cereal mixture and mix until well combined.
6. Put the mixture into the prepared pan and pat down as hard as you can.
7. Cover with plastic wrap and refrigerate at least 4 hours and up to one week.
8. Cut into 16 pieces.

Nutritional Information:

Calories 140

Total Fat 7g

Sodium 10mg

Total Carbs 16g

Protein 3g