



# Chewy Fruit and Nut Bars

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

## Equipment:

Square 9x9 inch baking sheet  
Wax or parchment paper  
Medium mixing bowl  
Small microwave-safe bowl

## Utensils:

Mixing spoon  
Measuring cups and spoons

## Ingredients

1/2 cup unsalted nuts, chopped  
3/4 cup dried fruit (reduced sugar cranberries, raisins, etc.), chopped  
3/4 cup quick-cooking oats  
3/4 cup crispy rice cereal  
2 tablespoons unsweetened shredded coconut (optional)  
1/2 cup peanut butter OR nut butter  
1/4 cup honey OR maple syrup  
1 tablespoon olive oil OR vegetable oil  
1/2 teaspoon (regular or imitation) vanilla extract

# Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Line a square 9x9-inch baking sheet 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 for at least 4 hours.
8. Cut into 16 pieces.

## Nutritional Information:

Calories 140   Total Fat 7g   Sodium 10mg   Total Carbs 16g   Protein 3g