

No Bake Granola Bars

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- Prep time: 15-20 minutes
- Cook time: 5 minutes
- Total time: 20-25 minutes



No nuts | No eggs | No milk | No wheat | No soy | No fish | No sesame

Ingredients:

- 2 $\frac{2}{3}$ cups old fashioned oats
- 4 cups crisped rice cereal
- $\frac{2}{3}$ cup oat flour*
- $\frac{1}{2}$ cup brown sugar
- 1 cup honey
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ teaspoon salt
- 1 cup sunflower seed butter*
- 2 teaspoons pure vanilla extract
- $\frac{3}{4}$ cup milk-free mini chocolate chips, such as Enjoy Life

Oats and crisped rice cereal may contain wheat or gluten or soy – check labels.

Sunflower seed butter may contain sesame – check labels.

Chocolate chips may contain milk or soy – check labels.

**Can substitute oat flour for almond flour and sun butter for almond butter (tree nut)*

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. In a large mixing bowl, combine oats, cereal, and oat flour.
3. In a medium saucepan, combine sugar, honey, oil, and salt over medium heat. Bring to a boil, stirring continuously. Boil for one minute, or until sugar dissolves. Remove pan from heat and stir in sunflower seed butter and vanilla extract.
4. Pour liquid mixture over oat mixture. Stir until well combined. Let sit for 5-10 minutes.
5. Place parchment paper over a 13 x 18-inch baking sheet. Pour granola bar mixture onto parchment paper and press with a sheet of wax paper until flat. Sprinkle mini chocolate chips on top of mixture and press again, until evenly flat.
6. Place baking sheet in refrigerator to cool. Then, slide parchment paper and granola bar sheet onto countertop. Use knife or pizza cutter to cut into bars.