PEANUT BUTTER GRANOLA BARS

INGREDIENTS

- 1 jar (24 oz) natural peanut butter or sunbutter
- ¼ of either honey or maple syrup
- 1 cup puffed rice
- 1 cup puffed millet
- 2 cups rolled oats
- ½ cup raisins
- ½ cup sunflower seeds, toasted
- ½ cup pumpkin seeds, toasted
- ¼ cup flax seeds
- ½ cups toasted unsweetened coconut
- ¼ cup chocolate chips

METHOD

Mix the peanut butter or sun butter with the honey or maple syrup together in a large bowl.

Add the remaining ingredients and mix well to coat everything with the butter/syrup mixture.

Prepare a sheet pan 12x18 in by lightly brushing it with canola oil or melted butter.

Spread the well mixed ingredients into the prepared pan and smooth evenly with a spatula.

It’s a stiff mixture, so really push it together, cover with parchment or wax paper and roll it into place with a rolling pin.

Chill or freeze before cutting into squares.