

No-Bake Fruit & Nut Granola Bars

Made with just 7 ingredients, No-Bake Fruit & Nut Granola Bars are quick to make, budget-friendly and great for lunch boxing & afternoon snacking. A gluten-free recipe that's prepared in less than 10 minutes. For a nut-free version, use sunflower seed butter and do not add any nuts.

🕒 Prep: 10 min Total: 10 minutes

👤 Servings: 16 squares

1x	2x	3x
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INGREDIENTS

- 2 cups quick oats, uncooked
- 1 cup crisp rice cereal
- 1 cup nut butter (peanut butter, almond butter, cashew butter, sunflower seed butter or a mix)
- 1/4 cup honey or maple syrup
- Dash of cinnamon, optional
- 1/2 cup dried fruit & nut/seed mix such as Made In Nature Fruit Fusion Mountain Gold Superfuel Blend (available in the Wal-Mart produce section)
- 1/4 cup mini chocolate chips
- 1 Tbsp. chia seeds

INSTRUCTIONS

1. Line a 9 x 9 square baking pan with parchment paper. Set aside.
2. In a medium bowl, combine the oats, crisp rice cereal, nut butter, cinnamon and honey. Stir until well combined. If too dry, add 1 tbsp. additional nut butter at a time. If too wet, add 2 Tbsp. quick oats at a time.
3. Fold in dried fruit, nut/seeds, mini chocolate chips and chia seeds. Once combined, transfer to the 9 x 9 inches square pan.
4. With hands, press very firmly into the pan. If dough is sticking to hands, brush or spray hands with oil.
5. Place in the refrigerator and allow to chill for 30 minutes before cutting into squares.

NOTES

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NUTRITION INFORMATION

Serving Size: 1 square **Calories:** 185 **Fat:** 10g **Sodium:** 40mg **Carbohydrate:** 20g
(**Fiber:** 3g **Sugar:** 3g) **Protein:** 6g

DIETARY

Dairy-Free **Egg-Free** **Gluten-free** **Vegan** **Vegetarian**

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