

# Groovy Granola Bars

These no-bake granola bars provide half of your daily value for Omega-3's!! Mix some up today for a simple and satisfying after-school snack

Serves 12



## Ingredients

- Cooking spray
- 1 cup old-fashioned (rolled) oats
- ½ cup walnuts, chopped
- ¼ cup ground flaxseed
- 1 cup whole-grain puffed rice cereal
- ½ cup dried cranberries
- ½ cup nut butter (peanut or almond)
- ¼ cup brown sugar
- ¼ cup honey
- 1 teaspoon vanilla
- ¼ teaspoon sea salt

## Nutrition Facts

Serving Size 1 Bar  
Servings Per Recipe 12

Amount Per Serving

**Calories** 190    **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g                      **15%**

    Saturated Fat 1.5g              **8%**

    Trans Fat 0g

**Cholesterol** 0mg                  **0%**

**Sodium** 100mg                    **4%**

**Total Carbohydrate** 23g        **8%**

    Dietary Fiber 2g                **8%**

    Sugars 15g

**Protein** 5g

Vitamin A 0%                      • Vitamin C 4%

Calcium 2%                        • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Directions

1. Grease a 9x13 inch baking dish with cooking spray.
2. Combine oats, walnuts, flaxseed, cereal and cranberries in a large mixing bowl.
3. In a small saucepan, combine nut butter, sugar, honey, vanilla and sea salt.
4. Heat over medium-low for 3-5 minutes or until bubbling, stirring frequently.
5. Pour sauce over oat mixture and stir until well combined using a spoon or rubber spatula coated with cooking spray.
6. Pour mixture into greased baking dish and press gently until smooth and even.
7. Refrigerate for at least 30 minutes, before slicing into 12 evenly sized bars.
8. Store in a sealed container for up to 1 week, or in freezer for up to 1 month.

