

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.

