



No-Bake Peanut Butter Granola Bars

INGREDIENTS

- 1 cup date syrup
- 1/2 -3/4 cup natural smooth peanut butter
- 2 tsp vanilla extract
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 2 cups rolled oats
- 1/2 cup oat flour
- 1/4 cup unsweetened shredded coconut
- 3 cups natural brown rice crisp cereal (plain or chocolate)
- 1/4 cup nondairy chocolate chips (optional)

PREP TIME: 15 MIN

"COOK" TIME: 30 MINS

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DIRECTIONS

Line a 9" x 13" baking dish with parchment paper.

Combine date syrup, peanut butter, vanilla extract, sea salt and cinnamon in a large saucepan, and heat on low-medium heat.

Stir to combine and melt the peanut butter slightly.

Add the oats to the syrup-peanut butter mixture and let cook on low-medium heat for 3 minutes, stirring occasionally.

Add oat flour, coconut and brown rice crisp cereal and stir until well combined.

Transfer to parchment lined baking dish and press flat.

Sprinkle chocolate chips across the top, pressing into the surface with a piece of parchment paper.

Cover and transfer to fridge for at least 30 minutes.

Cut into squares and enjoy.