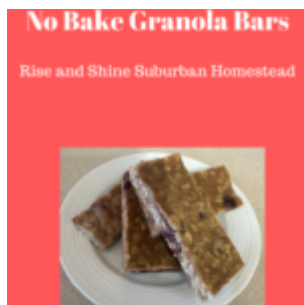


No Bake Granola Bars

No Bake Granola Bars



These bars, as written, are sweet! So, you can cut some of the white chips or the maple syrup!

- 2 cups organic oats
 - 1.5 to 2 cups add ins – dried fruit, chocolate chips, shredded coconut, nuts, seeds, etc
 - 1/4 tsp cinnamon
 - 1/4 tsp nutmeg
 - 1 cup nut butter (peanut, almond, sunbutter)
 - 3/4 cup pure maple syrup (not table syrup)
 - 1/3 cup coconut oil
 - 1 tsp vanilla
1. Mix together oats, add-ins, and spices in a large bowl and set aside
 2. In a saucepan, mix together nut butter, pure maple syrup, coconut oil and vanilla.
 3. Cook over low heat until melted and warm
 4. Pour nut butter mixture over oats and stir well.
 5. Pat into a 9×13 pan lined with parchment paper.

6. Put in refrigerator and let chill until totally cool.
Cut into desired size pieces. Store in fridge

Snacks
snacks