

Homemade Granola Bars



INGREDIENTS:

- 2 cups old fashioned oats
- 1/3 cup Butter or Coconut Oil
- 1/4 cup brown sugar packed
- 1/3 cup honey
- 1/2 teaspoon vanilla extract
- 2 cups Rice Krispies cereal
- 1/2 teaspoon salt
- 1/4 cup mini chocolate chips
- 1 cup of Peanut Butter
- ½ Sunflower Seeds
- ½ Raisins

DIRECTIONS:

1. Combine oats, Rice Krispies, Seeds & Raisins in a large bowl
2. Combine butter, honey, brown sugar, and peanut butter in a small saucepan. Heat over medium heat till butter is melted, stirring often. Add vanilla and salt. Mix well, pour over oat mixture. Stir till blended. Top with Chocolate chips & push them in a bit with a spoon or something so you don't get burned
3. Line a large jelly roll pan with parchment paper or waxed paper (I used foil), with about three inches extra on each end. Dump the mixture into the pan, and press very firmly till flat.
4. Put in fridge for a couple hours till hardened. Take out & cut into bars.
5. ENJOY!