Oat Power Bars

Ingredients

- 3 cups rolled oats
- 2 ½ cup rice crisp cereal
- ½ cup hemp seeds
- ½ cup unsweetened shredded coconut
- 1/3 cup chia seeds
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup honey
- ½ cup Natural Peanut Butter (or other nut butter)
- 2 teaspoons pure vanilla extract
- ½ cup dried cranberries

Making it

- In a large bowl, combine oats, rice crisp cereal, hemp seeds, coconut, chia seeds, cinnamon and salt.
- Over med heat, mix the honey and nut butter in a small pot until well combined. Heat for 2 minutes until mixture softens. Stir in the vanilla
- Pour the hot mixture over the oat mixture. Mix well. Add cranberries.
- Spread the mixture evenly on a parchment lined pan. Press down on the mixture to even it out.

For soft and chewy bars:

- Place the pan in the freezer, uncovered, and chill until firm (about 15-20min)

For crunchy bars:

- Place bars into a 350°F preheated oven for 15-20 mins or until slightly browned
- Remove from pan and slice into as many bars as you’d like

NUTRITION FACTS

| PER SERVING | Calories (kcal): 270 | Fat (g): 9 | Carbohydrate (g): 44 | Fibre (g): 4.5 | Protein (g): 12 |

TIPS & HINTS

Lightly wet hands will prevent sticking when pressing the mixture into the pan. Store the bars in a food storage bag to keep them as fresh as possible.