

Fibre Packed Granola Bars

These bars are made with a high fiber, whole grain cereal and peanut butter, so they truly do keep you full for hours. They are also much lower in sugar and calories than any pre-made granola bar for only 113 calories! These are similar to the *Quaker Chewy* granola bars or *Nature Valley* bars (if you let them sit in the oven for a bit longer or until they are crunchy), saving you the sugar, calories and a couple bucks!



Ingredients

- 1 cup rice cereal (Rice Krispies, Brown Rice Crisp cereal)
- 1 cup bran/flake cereal (Bran Flakes)
- 1 cup fiber cereal (Fiber 1 cereal, Go Lean Kashi)
- 1 cup oats
- $\frac{3}{4}$ cup sugar free maple syrup (or $\frac{1}{2}$ cup honey)
- $\frac{1}{4}$ cup peanut butter, melted in microwave for 30 seconds
- $\frac{1}{4}$ cup shredded coconut
- 2 tbsp chocolate chips
- $\frac{1}{2}$ cup Splenda or 2-3 tbsp stevia (or brown sugar)
- Pinch of salt
- Pinch of cinnamon

*Optional variations: dried fruit, sliced almonds, sunflower seeds, cocoa powder, raisins

Instructions

1. Preheat oven 375 degrees.
2. Pour cereals and oats in a large Ziploc bag. Lightly crush with a rolling pin until the cereal is slightly ground.
3. Pour the cereal mixture in a medium size bowl. Add maple syrup.
4. Add peanut butter and sweetener (or brown sugar).
5. Stir until everything is just mixed together.
6. Add chocolate chips and coconut, or any other desired variations.
7. Mix until well incorporated.
8. Spray a 9x13 inch baking pan with cooking spray. Pour granola mixture in pan. Press down until you reach a desired thickness.
9. Bake for 25 minutes. Remove from oven and cut into 12 even bars with a metal spatula. Place back into oven for another 15 minutes for 'chewy' granola bars, or turn off oven and let the bars sit for up to an hour for a more 'crunchy' granola bar.
10. Store in airtight container or freeze leftovers!

Nutritional Information (per serving)			
Calories	113	Monounsaturated Fat	3 g
Protein	5 g	Cholesterol	0 mg
Carbohydrate	27 g	Sodium	5 mg
Total Fat	5 g	Fibre	3 g
Saturated Fat	1 g	Makes 12 bars	