

# NO BAKE SNACK BARS



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## Ingredients

Yields: 16 servings

- 2 ½ c crisp rice cereal
- 1 ½ c quick-cooking oats
- 1 c mixed chopped nuts
- ¾ c natural creamy peanut butter
- ½ c honey
- ¼ c packed dark brown sugar

## Directions

1. Line 13x9-inch pan with foil, with ends of foil extending over sides.
2. Combine first 3 ingredients in large bowl.
3. Microwave remaining ingredients in microwavable bowl on high 1 minute; stir. Add to cereal mixture; mix well. Press onto bottom of prepared pan.
4. Cool about 30 minutes. Remove from pan before cutting into bars.

## Nutritional Information

Servings:	Calories	Fat	Protein	Carbohydrates	Sodium
1 bar	231	14 g	7 g	23 g	114 mg

Carbohydrate Exchanges: 1 1/2