



NUTRITION CONSULTING INC.

Peanut Butter Energy Bars

Here is a tasty and fast alternative to traditional store-bought energy bars.

Makes 32 small bars

What you need:

- 3/4 cup peanut butter
- 3/4 cup honey
- 1/2 cup brown sugar
- 1 1/2 cup oatmeal
- 1 1/4 cup crisp rice cereal
- 1 cup chopped nuts (such as slivered almonds)
- 1 cup dried fruit (such as chopped apricots)

How you prepare:

In a pot combine peanut butter, honey, and brown sugar. Cook over low heat until smooth. Add the rest of the ingredients and mix well. Press firmly into a pan and cut into bars while warm.

Make ahead tip: Freeze pre-cut bars for a convenient ready-to-go snacks.

Per serving:

- Calories 124
- Carbohydrates 18 g
- Protein 3 g
- Fat 6 g
- Dietary Fiber 1 g



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