

Granola Bars

Ingredients:

- 5 cups oats rolled or instant
- 4 tbsp ground flax
- 2 cups smooth peanut butter
- ½ cup crushed peanuts
- 1¼ cups maple syrup
- ⅔ white melting chocolate
- Sprinkles of choice

Directions

1. To a bowl, add the oats and flaxmeal, and stir until combined. Next, add the peanut butter and maple syrup. Stir until a thick "batter" is formed. Stir in the peanuts
2. Line a baking sheet with parchment paper, and transfer the batter to it. Using the bottom of a mug or another pan, pat the batter down until completely firm and evenly dispersed in the pan.
3. Refrigerate for one hour to set.
4. Melt chocolate according to package instructions and drizzle on top and finish with sprinkles. Once set, remove from the pan with the parchment paper, and slice into 24 pieces.
5. Store the bars in a sealed container in the fridge for up to 5 days or longer.

MADE WITH LOVE

by Teresa Forchard