

Power Granola Bars

Ingredients:

1 cup old-fashioned rolled oats
¼ cup slivered almonds
¼ cup sunflower seeds
1 Tbsp. flaxseeds
1 Tbsp. sesame seeds
1 cup unsweetened puffed rice cereal (rice crispies)
1/3 cup currants
1/3 cup dried apricots, chopped
1/3 cup golden raisins, chopped
¼ cup creamy almond butter
¼ cup sugar
¼ cup honey
½ tsp. vanilla extract
1/8 tsp. salt

Directions:

1. Preheat oven to 350 degrees. Coat an 8" square pan with cooking spray.
2. Spread the oats, almonds, sunflower seeds, flaxseed and sesame seeds on a large rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, about 10 minutes, shaking the pan halfway through.
3. Transfer hot seeds, nuts and oats to a large bowl. Add cereal, currants, apricots and raisins. Toss to combine.
4. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring the mixture frequently, until the mixture bubbles lightly, 2-5 minutes.
5. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain.
6. Transfer mixture to the prepared 8" pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer. Wait until the mixture cools slightly to do this.
7. Refrigerate until firm, about 30 minutes. Cut into 8 bars.