

Breakfast Bars

Makes an 8" x 8" pan
(which should make 9 bars)



Ingredients

- ½ cup pure salted nut butter (of our choice)
- ½ cup pure maple syrup
- ¼ cup agave syrup
- 2 tablespoons coconut oil
- 2 tablespoons chia seeds or flax seeds/meal
- 2 cups crispy rice cereal
- 2 cups whole oats, toasted
- ½ teaspoon pure vanilla extract

Add ins:

- ½ cup slivered almonds or roasted peanuts
- ¼ cup chopped dried fruit of choice
- ½ cup shredded coconut, shredded
- 2 tablespoons cocoa powder

Steps

1. Line an 8" X 8" pan with parchment paper, foil or plastic wrap.
 2. In a small saucepan over medium heat, combine nut butter, both syrups and coconut oil until everything is melted and well incorporated. Remove from heat.
 3. In a large bowl mix together chia seeds, toasted oats, rice cereal. Add the nut butter/syrup mixture and vanilla and stir well making sure all the oats and rice cereal is well-coated with the nut butter mixture. If you are adding mix-ins, do that next - stirring well.
 4. Transfer the mixture to the prepared pan. Using a spatula, press in the mixture so that it is in an even layer. Press well. Plastic wrap and refrigerate for at least three hours before lifting the paper out of the pan and slicing into desired-sized bars.
- *I like to wrap each bar in a small piece of parchment paper and keep them in a container or plastic bag in the fridge. These should keep in the fridge for at least one week.