

Peanut Butter Granola Bars

by: Meals in Minutes; Laura Kalina & Cheryl Christian

- 1 cup peanut butter
- 1/2 cup brown sugar, tightly packed
- 1/2 cup honey
- 1/3 cup non-hydrogenated margarine
(I used Canola Oil)
- 2 tsp vanilla
- 3 cups slow cook oats
- 1/2 cup coconut (unsweetened)
- 1/2 cup sunflower or pumpkin seeds
- 1/2 cup raisins or dried cranberries
- 1/4 cup ground flaxseed
- 1/2 cup almonds sliced or slivered
- 1/2 cup chocolate chips (dark preferred)

1. Preheat oven to 350 degrees
2. Cream peanut butter, brown sugar, honey, margarine (oil) and vanilla together until smooth.
3. Add oats, coconut, sunflower seeds, raisins, flaxseed, almonds and chocolate chips. Mix well.
4. Pat into oiled 13 X 9 baking dish.
5. Bake 20 to 25 minutes.
6. Cool on a rack.
7. Cut when cool.

Makes: 60 small squares

Calories: 196
Carbs - 20 grams
Protein - 5 grams
Fat - 11 grams
Fiber - 3 grams

Notes:

- Cut back on total amount of fat you consume and emphasize healthier fats such as olive oil, canola and flaxseed oil.
- Choose whole grains, vegetables and fruits more often.
- Choose fish, lean meats, and lower-fat dairy products.
- Limit your intake of fat from oils, spreads, sauces, desserts and greasy snack foods.
- Read labels to avoid trans fat.

HAPPY AND HEALTHY LIFESTYLES

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