



# PERFORMANCE RECIPE

## No Bake Granola Bars



Vegan



Dairy-free



Gluten-free



30 min cook



Batch prep meal



Fibre-rich

Makes 10-12 Bars



### INGREDIENTS

- 2 cups dry oatmeal
- 3/4 cup peanut butter
- 1/3 cup honey
- 1/4 tsp cinnamon
- 1/4 tsp salt



*Optional: 1/4 cup chocolate chips or crushed raw almonds (increase/reduce liquids with different dry ingredients)*

*Oats are complex carbohydrates containing more fibre, mineral, and vitamins*

### INSTRUCTIONS



**1** Microwave honey & peanut butter in a large bowl for 25-30 sec. Stir in remaining ingredients until thoroughly mixed. Add moisture by wetting hands and digging in.



**2** Spread evenly onto an 8x8 pan. Cover and chill in refrigerator for 30 min to 1 hr.



**3** Once chilled, cut into squares or rectangles.



**4** Store in an airtight container and keep refrigerated for up to one week.