

No bake granola bars

Makes 12 bars

2 cups quick cooking oats
1 cup peanut butter
1/2 cup sliced almonds
1/2 cup mini chocolate chips
1/4 cup honey



Combine all ingredients in a medium sized bowl. Stir until well combined.

Line 8x8 pan with parchment paper. Press the oat mixture into the pan. Place in freezer for 45 minutes to 1 hour, or until firm. Slice into 12 rectangles or smaller squares. Store bars wrapped in plastic wrap or ziplock bags in fridge or freezer.

Options: Swap dried fruit like cranberries, blueberries, or raisins for chocolate chips. Use sunflower butter or other nut butters or nuts. Use other liquid sweetener like maple syrup or brown rice syrup, or 1 tsp vanilla for added flavor. Add 1/8 cup flaxmeal, flax, or chia seeds for healthy fats.



University Health Center
Student Affairs
UNIVERSITY OF GEORGIA

