

Snack:

Triple Chocolate Granola Bar

Are you tired of all the lame, outdated granola bars from the supermarket that are gluten free? Fret no more! This recipe will change your mind forever.



INGREDIENTS

1¼ cups rolled oats (toasted - 15 mins in oven)
1½ cups brown rice crispy cereal
½ cup pumpkin seeds
¼ cup shredded unsweetened coconut (toasted - 5 mins in oven)
3 tbsp. chia seeds
2 tbsp. sesame seeds (toasted - 10 mins in oven)
½ tsp. cinnamon
¼ tsp. sea salt
½ cup + 1 tbsp. honey
¼ cup peanut butter
1 tsp. vanilla extract
¼ cup chopped + 2 tbsp. chocolate chips

- 1.** Line a 9" baking pan with parchment paper. In a large bowl, combine the rolled oats, crispy cereal, pumpkin seeds, unsweetened coconut, chia seeds, sesame seeds, cinnamon, and sea salt.
- 2.** In a small saucepan, melt together the honey and peanut butter. Add the melted peanut butter to the bowl and stir until covered. It should be thick and almost hard to stir. Gently fold in the ¼ cup of chopped chocolate chips.
- 3.** Place the mixture into the baking pan and pat down. Use a pastry roller or wooden spoon to push down the mixture until hard and compact. Melt together the coconut oil and remaining 2 tbsp. chocolate chips. (use microwave) Whisk until smooth and drizzle over the bars.
- 4.** Freeze for at least 20 minutes until hard.
Remove, slice as you like and enjoy! Keep the remaining bars in the fridge or freezer for quick snacking!