

## **5 MINUTE GRANOLA BAR**

These easy-peasy 5 minute granola bars are a tiny bit sticky to make but worth it. They are chewy (as opposed to crunchy), not super sweet and have a nutty flavor. Store them in the refrigerator individually wrapped for easy grab and go snacks. All in all thumbs up. The recipe came from [FANNEtastic Food](#). Check it out...

Ingredients:

1 & 3/4 C rolled oats

1 C crisp puffed brown rice cereal (ie: Kashi)

3/4 C seeds (ie: 1/4 C each of pumpkin seeds, sunflower seeds, and chia seeds)

1/4 C finely ground flaxseed

1/2 C agave syrup

1/3 C creamy peanut butter

1 tsp. vanilla extract

Add all the dry ingredients to a large bowl. Mix them together. In a separate (microwave safe) bowl, mix together the wet ingredients, then microwave them for about 20 to 30 seconds. This will make it easier to mix and add to the dry ingredients since it's really sticky!

Pour wet ingredients into dry and mix! Keep mixing until the wet binding ingredients are as well distributed as possible. Put some muscle into it! Then, put the mixture into a shallow pan and flatten it down. Refrigerate. Done and done!