

A collection of peanut butter granola bars is scattered across the page. Some are in the top left corner, some in the top right, and some in the bottom center. The bars are golden-brown with a textured surface.

PEANUT BUTTER GRANOLA BARS



Ingredients

- 2 cups rolled oats
- 1 cup puffed brown rice cereal
- 1/2 cup maple syrup
- 1/3 cup creamy peanut butter
- 1 tsp vanilla extract
- 1/4 cup raisins
- 1/4 cup sunflower seeds
- 1/4 cup peanuts



Tools at Hand

- Microwave
- Flat pan
- Microwave-safe bowl
- Large mixing bowl



Instructions

1. Mix together all dry ingredients (rolled oats, puffed brown rice cereal, raisins, sunflower seeds, and peanuts) in a large bowl.
2. In a separate microwave-safe bowl, mix wet ingredients (maple syrup, peanut butter, and vanilla extract) and microwave for 20-30 seconds.
3. Pour wet ingredients into the bowl of dry ingredients and mix thoroughly.
4. Put mixture in a flat pan and refrigerate for several hours before serving.

Recipe available online: news.fiu.edu/2013/10/3-quick-and-easy-healthy-breakfast-recipes-for-students/67748