

## No-Bake Granola Bars

*Hosted by: Student Health Registered Dietician*

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### Ingredients:

1 ½ c brown rice cereal  
2 c oats  
2 Tbsp flax seed  
2/3 c peanut butter  
½ c brown rice syrup  
¼ c chia seeds  
¼ c pumpkin seeds  
¼ c sunflower seeds  
1 tsp vanilla  
½ c chopped almonds  
¾ c raisins and/or craisins  
1/3 c chocolate chips

### Directions:

Mix all the dry ingredients in a bowl.  
In a separate bowl, microwave the brown rice syrup and peanut butter until melted.  
Add the liquid to the dry ingredients to mix well (Use your hands if you need to!)  
Press into a 9×13 pan and refrigerate until set.