

# HEALTH

# EATING @home

## Gia's Yummiest and Chewiest Granola Bar Recipe

No baking needed!

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### Ingredients:

- 1 cup of peanut butter (or any nut butter) (I used the crunchy peanut butter one)
- half cup of honey
- half cup of coconut oil
- 1 cup of shredded coconut
- 2.5 cups of oats

### Optional additions:

- teaspoon vanilla extract half cup of whole flax seeds (optional)
- half cup of chopped walnuts or whatever nut you like (optional)
- 1 cup of rice krispie cereal (optional)
- can also add chocolate chips or dried fruit (optional)

### Instructions:

- 1) Place all the wet ingredients in a bowl, toss in microwave for 30 seconds and then stir.
- 2) Place all of the dry ingredients in a bowl and add the wet ingredients to it and STIR together!
- 3) Spray olive oil in bottom of a 9-inch glassware square dish and toss the mixture in there and flatten. place in fridge to set for 2 hours or take a shortcut and toss in freezer for about 30 min or so.

**Enjoy!**