

4 Ingredient Granola Bars

Ingredients

- 2 cups rolled (old fashioned) oats
- 1/3 cup pure maple syrup / honey
- 3/4 cup peanut / almond / sun butter
- 1/4 cup chocolate chips or other mix in

Instructions

1. Pre-heat oven to 350°F.
2. Place oats in large bowl.
3. In a medium bowl, mix peanut butter and maple syrup thoroughly.
4. Pour wet mixture into bowl of oats.
5. Mix in chocolate chips, evenly.
6. Press into parchment-lined 8x8 inch baking dish.
7. Bake for 15-20 minutes.
8. Let cool, then cut into about 8 bars.
9. Keep in air-tight container for up to 5 days.

Ashley Grant, RDN, LDN
Facebook: Food4FuelDietitian
Instagram: food4fueldietitian
YouTube: Food4Fuel Dietitian
www.food4fueldietitian.com