

Cocoa Energy Bars

(makes 32 bars)

Ingredients

3/4 cup (180 mL) smooth peanut butter

3/4 cup (180 mL) liquid honey

3/4 cup (180 mL) packed brown sugar

1/2 cup (125 mL) unsweetened cocoa powder

1 1/2 cup (375 mL) quick cooking oat meal (not instant)

1 1/4 cup (310 mL) crispy rice cereal

1 cup (250 mL) dried cranberries, raisins or chopped dried apricots

1 cup (250 mL) coarsely chopped unsalted almonds

Directions

1. Spray 9 by 9 inch baking pan with cooking spray or use a silicone baking pan.
2. In a saucepan, combine peanut butter, honey, brown sugar and cocoa.
3. Cook over medium heat for six minutes, stirring often or until smooth.
4. Remove saucepan from heat.
5. Stir in oatmeal, cereal, dried cranberries and nuts.
6. Press batter firmly into prepared pan.
7. Cool before cutting into 32 bars. (freezes well)

Nutrition per serving

150 calories; 5.8 g fat; 3.5 g protein; 21 g carbohydrates, 5 g fibre.