

Energy Bars

These are high in fat so eat sparingly.

¾ cup Brown Rice Syrup (found in health food sections of stores)

1/ ½ cups chunky, all natural peanut butter

1 cup granola

½ cup wheat germ or oat bran

1 cup dried cranberries or dried cherries

1 cup organic chocolate chips

1 cup raw sunflower seeds

1. In large saucepan, heat brown rice syrup until bubbly, about 2 minutes. Add peanut butter and stir well.
2. Turn off heat and add all other ingredients, stirring well. This will be a very stiff mixture.
3. Press into a 9x13 pan and chill for 30 minutes.
4. Cut into bars.