

Peanut Butter Energy Bars



NUTRITION CONSULTING INC.

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Here is a variation of the Award Winning Cocoa Energy Bars by Andrea Holwegner BSc, RD, president of Health Stand Nutrition Consulting Inc.

What You Need

Makes 32 Bars

3/4 cup peanut butter
3/4 cup honey
1/2 cup brown sugar
1 1/2 cup oatmeal

1 1/4 cup crisp rice cereal
1 cup chopped nuts (such as slivered almonds)
1 cup dried fruit (such as chopped apricots)

Per Serving

Calories 124
Carbohydrates 18 g
Protein 3 g
Fat 6 g
Dietary Fiber 1 g

How You Prepare

In a pot combine peanut butter, honey, and sugar. cook over low heat until smooth. Add the rest of the ingredients and mix well. Spray a 13 by 9 inch pan and firmly press batter in pan. Let Cool.