

No-Bake Peanut Butter Bars

Servings: 12

Prep Time: 10min

Cook Time: 0



Ingredients

- 1 cup (250ml) crunchy peanut butter
- 3 Tbsp (45ml) honey
- 1/2 cup (125ml) coconut oil
- 1 tsp (5ml) ground cinnamon
- 1 cup (250ml) rolled oats
- 1 cup (250ml) All Bran Corn flakes
- 1 cup (250ml) desiccated coconut, lightly toasted
- 1/2 cup (125ml) pumpkin seeds
- 1/2 cup (125ml) sunflower seeds

Directions

1. Place the peanut butter, honey and coconut oil in a saucepan and gently heat until melted.
2. Stir through remaining ingredients.
3. Pour into a lightly greased pie dish and refrigerate for a couple of hours or until set.
4. Cut into bars.

Tips

Store these in the fridge, or double the batch and freeze for up to two months.