



## INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup rice cereal
- 1/4 cup dried fruit
- 1/4 cup honey
- 1/4 cup melted coconut oil
- 1/4 cup mini chocolate chips
- 1/4 cup sunflower seeds (optional)
- 1 tsp vanilla

## No Bake Granola Bars

### HOW TO MAKE:

1. Prepare a pan by lining it with parchment paper or lightly coating it with coconut oil to prevent the bars from sticking.
2. If your dried fruit of choice isn't already bit-sized, help your kiddo roughly chop your dried fruit into smaller pieces and then add it to a large bowl.
3. Add your oats, cereal, and sunflower seeds to the bowl with your dried fruit and mix.
4. In a small pan over low heat, mix your honey and coconut oil until smooth. Then remove from the heat and add in your vanilla.
5. Pour your liquid mixture over your dry ingredients and mix until everything is combined and coated.
6. Add in your mini chocolate chips and gently mix. It's okay if they melt a little!
7. Transfer your granola mixture to your prepared pan and use a spatula (or your hands) to press the mixture tightly into the pan.
8. Place your pan in the refrigerator for 1-2 hours to allow the bars to firm. Once chilled, cut into bars and enjoy!

Perfect as an addition to your kiddo's lunch box or an afterschool snack, these tasty no-bake granola bars are customizable and nutritious.