

Almond Cereal Bars

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Prep Time: 10 minutes

Cook Time: 45 minutes

Ingredients:

- 1 cup almond butter
- 1 cup honey
- ¼ cup chopped walnuts
- 1 cup dried cherries
- 3 cups puffed cereal
- ¼ cup raw pumpkin seeds
- ¼ cup sunflower seeds
- 1/3 cup quinoa (pronounced keen-wah) flakes
- Cooking spray

Steps:

1. Lightly spray baking pan with cooking spray
2. In a large pan, heat almond butter and brown rice syrup over low heat until mixture begins to lightly bubble.
3. Remove from heat and immediately add walnuts, fruit, seeds, cereal, and quinoa flakes. Mix thoroughly.
4. Once the mixture has cooled slightly, press mixture into prepped baking pan and allow to cool completely.
5. Cut cereal mixture into bar shapes and place bars in airtight container.

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