

# No-Bake Breakfast Bars

*At your summer picnic enjoy these super simple No-Bake Fruit and Nut Bars.  
Yield: 24, 2x1x1 inch bars (serving size one bar)*

## Preparation:

In a large mixing bowl, pour in honey, vanilla and salt. Heat in the microwave until mixture is thin and watery, about 60 seconds. Add peanut butter and stir until it melts. Add dried fruit and cereal and combine until cereal is well coated. Line a baking dish with wax paper and spread cereal mixture evenly into pan and press firmly to set. Leave to cool overnight or place in refrigerator. When bars are hard, cut into squares.

## Ingredients:

1 cup honey  
1 cup crunchy peanut butter (or your favorite nut butter such as almond or cashew butter)

1 teaspoon vanilla extract  
1 teaspoon salt  
1 cup dried cranberries (or your favorite dried fruit, diced)  
5 cups high fiber cereal (we used Kashi Go Lean! Crisp cereal)

## Nutritional Information Per Serving:

Calories: 167  
Fat: 6 grams  
Cholesterol: 0 milligrams  
Sodium: 179 milligrams  
Total carbohydrates: 27 grams  
Dietary fiber: 3.4 grams  
Sugars: 18 grams  
Protein: 5 grams

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