

Peanut Power Bars

easy | RECIPE

1½ cups **rolled oats**

¾ cup **dates**, pitted

1 cup **roasted peanuts**, loosely chopped

2 tbsp **sunflower seeds**

2 tbsp **honey**

½ cup **peanut butter**, smooth or creamy

Preheat oven to 350°F. Add oats to a parchment-lined baking sheet, and bake for 7-10 minutes, stirring once, until toasted and slightly brown. Set aside to cool for 10 minutes. In a food processor, blend dates for about 1 minute for a dough-like consistency. In a large bowl, combine toasted oats, dates, peanuts and sunflower seeds. In a small pan, warm honey and peanut butter over medium heat for 3-5 minutes, until runny. Pour peanut butter over mixture and stir to combine. Transfer to a parchment-lined 8" x 8" baking dish, and pack firmly into the bottom of the dish. Refrigerate until set, about 1 hour. Cut into 12 bars. Store in a sealed container at room temperature or freeze to preserve freshness.

Makes 12 bars. Per serving (1 bar):

225 calories | 8g protein | 13g total fat | 2g saturated fat | 6g mono fat | 5g poly fat
0mg cholesterol | 23g carbohydrate | 10g sugar | 4g fiber | 50mg sodium