

Peanut Butter Granola Bars

EASY recipe

2 cups rolled oats

½ cup peanut butter

½ cup roasted unsalted peanuts

3 tbsp honey

¾ cup raisins

Line an 8x8-inch baking pan with parchment paper. **In** a large bowl, mix together oats, peanuts, raisins, peanut butter and honey until it forms 1 cohesive dough. **Transfer** dough into prepared pan and press in firmly, reaching all 4 corners of the pan. **Freeze** for 3 hours or overnight. **Turn** onto a cutting board, peel off parchment paper, and cut into 14 equal-sized bars. **Store** bars in the freezer. **Enjoy** them right out of the freezer (no need to defrost).



Makes 14 bars. Per bar:

159 calories | 6g protein | 8g total fat | 1g saturated fat | 5g mono fat | 2g poly fat | 19g carbohydrate | 7g sugar | 3g fiber | 43mg sodium