

Dee Dee's Granola Bars

Ingredients:

Serves: 8

1 cup honey

1 cup peanut butter (made with peanuts and salt only)

2 2/3 cup steel-cut oats or gluten-free oats

1/3 cup wheat germ (Avoid this if gluten intolerant.)

1 cup whole wheat flour or gluten-free flour or quinoa flakes

1 tsp. cinnamon

2 cups of a combination of: nuts, seeds, shredded coconut, or dried fruits and a smidgeon of chocolate chips

2 tbsp. skim milk or light soy milk

½ cup of plain yogurt

Dee Dee is a good friend of mine who is an incredible artist, chef, and mother. She is responsible for all the artwork in our office, and when she isn't painting, she is cooking elaborate meals, knitting something or driving her boys from one baseball field to another. This is one of her kids' favorites. The recipe was simple enough for me to do!

Preheat oven to 350 degrees. Heat honey and peanut butter in a sauce pan over medium heat until melted but not runny. Place the dry ingredients in a bowl and mix. Add the warm peanut butter honey combo, milk, and yogurt to the dry ingredients and mix well. Press the mixture firmly into a 9 x 13 baking pan and bake for fifteen minutes. Cut immediately and cool. You can freeze these in individual bags and take out to thaw while you are getting ready to leave in the morning. They stay fresh in the refrigerator for up to a week. These are great for breakfast with a glass of milk, hard-boiled egg, and fruit or as a snack.

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