

ENERGY GRANOLA BARS



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1 cup quick oats
½ cup natural peanut butter
1 ½ - 3 cups honey

Mix together in stand mixer.

1/2 cup ground flax seed
1 tsp. vanilla

Add to the mixer and combine.

1/2 cup chocolate chips
1/4 cup coconut flakes or nuts
(optional)

Add if desired.

After ingredients are blended, they can be made into balls with a cookie scoop or pressed into a pan and cut into bars.

If the mixture seems too dry add some additional honey. If it seems too wet add a some more oats or optional add ins.

Best if stored in the refrigerator.