

## 5 ingredient homemade kind nut bars (vegan, gluten-free, dairy-free, refined sugar free)



4.5 from 6 reviews

Author: [Demeter](#) | [Beaming Baker](#) Yield: 12 bars



### DESCRIPTION

5 Ingredient Homemade KIND Nut Bars (V, GF, DF): a easy, one bowl recipe for irresistibly salty and sweet homemade KIND bars. Protein-Packed, Vegan, Gluten-Free, Dairy-Free, Refined Sugar Free.

### INGREDIENTS

SCALE

- 1 cup almonds
- ½ cup peanuts
- ½ cup vegan gluten free brown rice crisp cereal
- ¼ teaspoon salt
- ¼ cup pure maple syrup

### INSTRUCTIONS

- 1 Preheat oven to 325°F. Line an 8-inch square baking pan with parchment paper. Set aside.
- 2 Add almonds, peanuts, cereal and salt to a large bowl. Stir until well mixed. Pour maple syrup over this mixture. Fold until well incorporated.
- 3 Pour this mixture into the prepared baking pan. Using a rubber spatula, smooth into a tightly packed, even layer. Bake for 30-40 minutes (mine took 35 mins). Bars must bake thoroughly, or they won't hold together when cooled.
- 4 Allow to cool for 1 hour, or until completely cooled. Use a heatproof spatula to gently lift and loosen bars from parchment. Slice into 12 bars (6 rows by 2 columns). Enjoy! Storing instructions below.

### NOTES

- Store in an airtight container at room temperature for up 1-3 weeks. Store in the refrigerator for up to 1 month.

### The Way I made it...

- Double Recipe – Follow instructions 1-4 with following changes
- Used 9" x 13" baking pan lined with parchment paper
- Substituted Quaker Oats 100% Whole Grain Old Fashioned Oats for brown rice crisp cereal
- Toasted Almonds and Oats for 10 minutes 350 degrees for nuttier flavor
- 2 cups Almonds (toasted and cooled)
- 1 cup dry roasted peanuts
- 1 cup 100% Whole Grain Old Fashioned Oats (toasted and cooled)
- 1 cup Dark chocolate chips
- ½ cup Pure Maple Syrup
- (omitted salt)
- Baked 40 minutes – 325 Degrees – rotated pan at 20 minutes
- Cool 1 hour – cut into 16 bars or break into pieces and Ziplock individually - Delicious!! Store in Fridge if you use Dark Chocolate
- I make two double batches at a time – now both pans with Dark Chocolate! Crumbs great with yogurt or hot oatmeal



With Dark Chocolate

Without Dark Chocolate