



CEREAL BARS

Ingredients:

- 2 cups of cereal - any kind
- 6 Tbsp nut butter (tahini would be a yummy, unique choice here!)
- 6 Tbsp honey, maple syrup or agave
- 1/2 cup of Greek yogurt - any kind, any flavor - *optional*
- Option to mix in other nuts or dried fruit

Instructions:

- Line a loaf pan or baking tray with parchment paper.
- Melt nut butter and honey in microwave or over low heat in a saucepan, until they are warm and can easily mix together.
- Add cereal to nut butter/honey mixture and mix until combined well. Add any other desired mix-ins and combine.
- Transfer mixture to prepared pan/dish and flatten with a spatula.
- Freeze for 30 – 40 minutes.
- Once solid, slice into bars.
- Dip bottom of bars into the greek yogurt. Freeze again for an additional 20 minutes, until yogurt hardens.
- Best kept in freezer and taken out a few minutes before eating.