



## GRANOLA BARS (NO BAKE)

### Ingredients

1 1/2 cups rolled oats or quick cooking oats  
1 cup rice krispies or rice bubbles  
1/4 cup butter  
1/4 cup honey  
1/2 cup brown sugar  
1/2 tsp salt  
1/2 tsp ground cinnamon  
1/4 cup shredded coconut  
1/3 cup chocolate chips OR raisins  
1/3 cup nuts - i use almonds  
1 tbsp chia seeds

### Method

Prepare a square or rectangle tin with parchment paper.

In a large microwavable bowl, combine your butter, sugar and honey.

Microwave in 30 second increments, for 2 minutes total. Stir mixture after each 30 seconds.

Add in your salt and cinnamon and then stir into the sauce / syrup.

Add in your oats and rice bubbles, giving a good stir so that they get a nice even coating.

Add in all remaining ingredients and stir until combined.

Turn mixture out onto your tray or tin. Press firmly with a spatula to create a base. If you do not press firmly enough, the bars will fall apart when you eat them.

Place in the fridge for 2-3 hours and then cut into bars.

Store in an airtight container in the fridge.

Enjoy!