



No Bake Granola Bars

Ingredients

- 2 cup rolled oats
- 1/4 cup chopped nuts of choice
- 1/4 cup coconut flakes
- 1/2 cup nut butter of choice
- 1/2 cup maple syrup
- 4 TBSP Greek yogurt

Directions:

1. Line an 8×8 baking dish with parchment paper; Mix together oats, nuts, and coconut flakes in a large bowl
2. In a small bowl, combinen nut butter with maple syrup; Pour over oat mixture
3. Transfer mixture to baking dish, creating an even layer and pressing down firmly
4. Set in the freezer for one hour; Remove and slice into bars (makes about 8 depending on size); Transfer back to freezer for an additional hour
5. Drizzle yogurt of choice on top; Enjoy!

Equipment

Baking dish
Large bowl
Small bowl
Spatula

Cost: \$ \$

Ease: 

Health Benefit: Greek yogurt is a great source of complete protein to support strong bones. Nuts and nut butter contain healthy fats that promote brain health. Maple syrup is a natural sweetener rich in antioxidants. Oats are a whole grain.

Fare  Meals
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