

Whole Grain Cereal Bars

Ingredients

- 2 cups whole grain cereal, such as whole grain "Os"
- 1/2 cup creamy peanut or nut butter
- 2 tsp honey
- 1 tsp cinnamon
- Optional toppings - dried fruit, chocolate chips, crushed nuts, sunflower seeds, shredded coconut, etc.

Cook time

0 minutes



Servings

6 cereal bars



Recipe Video



The longer you let these sit in the fridge, the firmer they will be!

Directions

- 1 In a zip top bag, add cereal. Seal top of bag and gently crush cereal until it is crumbled to the size you prefer.
- 2 Add cereal to a bowl. Then mix in peanut butter, honey, and cinnamon.
- 3 Line an 8x8 baking dish with parchment paper. Press mixture into the lined baking dish. Add toppings, if using.
- 4 Refrigerate for 30 mins-1 hour for easy slicing. Cut into 6 pieces and serve. Store left overs in an airtight container in a cool, dry place or in the fridge.

