

Peanut Butter Trail Mix Bars

Ingredients

2/3 cup almonds (or any nuts or seeds)
2/3 cup peanuts (or any nuts or seeds)
1 ½ cups oats, quick or rolled
1/3 cup ground flaxseed
½ cup chocolate chips
2/3 cup raisins (or any dried fruit, chopped)
1 cup peanut butter
½ cup honey
½ teaspoon salt



Directions

1. Line a 8x8-inch baking pan with parchment paper or wax paper, leaving extra on the sides to pull the bars out of the pan.
2. Put nuts into a plastic bag and chop them into smaller pieces using a hard object (like a jar of peanut butter).
3. In a large bowl, place chopped nuts, oats, ground flaxseed, chocolate chips, and raisins. Mix together.
4. In a separate microwave safe bowl, melt peanut butter in microwave. Approximately 20-30 seconds. Stir in honey and salt. Mix well and allow to cool slightly so the chocolate chips don't melt.
5. Pour peanut butter mixture in the bowl with the dry ingredients. Fold ingredients together using a spoon until everything is well coated.
6. Press mixture into lined pan, packing it tightly. Cover and refrigerate about one hour.
7. Pull bars out of the pan by pulling on parchment paper and set onto a cutting board.
8. Cut into 12 bars. Store in an airtight container in the refrigerator for one week.



NOTE:

These are not suitable for babies or kids under 4 years old as the nuts can be a choking hazard.

