

Coconut Cherry Almond Energy Bars

Servings: 12 (to 16)

Ingredients:

- 1 cup chopped toasted almonds
- ½ cup shredded coconut
- ½ cup chopped dried cherries
- 2 cups rolled oats
- 2 cups crisp brown rice cereal
- ½ cup almond butter
- ½ cup packed brown sugar
- ½ cup light corn syrup
- 1 teaspoon vanilla extract

Directions:

1. Spray an 8 x 8-inch (or 9 x 13-inch) baking dish with cooking spray and set aside.
2. In a large bowl, mix together the almonds, coconut, cherries, oatmeal, and toasted rice cereal. Set aside.
3. In a medium microwaveable bowl, combine the almond butter, brown sugar, and corn syrup. Microwave on high for ~1 minute. Add vanilla and stir until blended.
4. Pour the almond butter mixture over the dry ingredients and stir until coated.
5. Transfer to baking dish, cover with wax paper and press firmly into dish. Allow to cool completely (about an hour). Cut into (16) squares or (12) bars.

Nutrition:

 (Serving size: 1/12th recipe)

calories: 323 protein: 6.6g total carbohydrate: 42.7g total fat: 15.6g
sugars: 18.3g sodium: 97mg dietary fiber: 3.6g saturated fat: 3.3g

Note: you can also divide recipe into 16, for 242 calories each.