



Home Made Granola Bars (Warning, not a low-cal food)

Ingredients

2 cups dry oatmeal
1 cup honey
1 cup natural peanut butter
1/4 cup whole flax seed
1/4 cup chopped almonds
1/8 cup dried blueberries (optional)

Directions

1. Melt together honey and peanut butter on low heat.
2. Add in Oatmeal and mix well.
3. Mix in other ingredients, stirring to prevent burning.
4. Put mixture in a baking pan and place in freezer until firm.
5. Cut into small squares.

Nutrition per serving (without blueberries):

Recipe makes 10 servings

Calories: 409.7

Fat: 21g

Carbs: 47g

Protein: 12g