



Chrissy's 'World Famous' Granola Bars

Chrissy's granola bar recipe has been enjoyed as far away as Australia! They are peanut free, easy to make and described by many kids as "awesome", so they make a perfect back to school snack for kid's lunches.

Makes: approx. 24 granola bars Prep Time: 5 minutes Cook Time: 10 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

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You'll need:

- an approximately 10" x 13" pan
- 2 cups Oats
- 1 cup Brown Rice Krispies
- ½ cup Butter
- ½ cup Honey
- ½ cup Brown Sugar
- ½ teaspoon pure vanilla
- ½ cup Chocolate Chips

To make it:

1. Grease a pan
2. Mix the Oats and Brown Rice Krispies in large bowl
3. In med sauce pan, mix and heat butter, honey and brown sugar until it comes to a boil. Allow it to boil for 2 mins and take off the heat, then add vanilla
4. Mix hot mixture with Oats and Brown Rice Krispies mixture and blend thoroughly. Add chocolate chips.
5. Cover and refrigerate
6. Yields approximately 24 bars (depending on the size you cut them into), so freeze unused bars to enjoy in the future

Enjoy! Past recipes of the week are posted at our website www.HealthyNow.ca/recipes

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