

LESLIE'S ENERGY BARS- Bonci's Bites

½ cup honey roasted peanuts
½ cup roasted sunflower seeds, shelled
2 cups mixed raisins/craisins (or other chopped dried fruit)
1.5 cups dry oats
2 cups Crispy rice cereal
¼ cup whey, soy or pea protein isolate vanilla or unflavored
1 cup peanut butter (creamy or crunchy)
¾ cup honey
1 teaspoon vanilla extract

Coat 4 ice cube trays with cooking spray.

Combine peanuts, sunflower seeds, dried fruit, oats, protein isolate and Crispy rice cereal in a large bowl.

In a microwave safe bowl- combine peanut butter, honey and vanilla. Microwave on HIGH for 1-2 minutes until bubbling. Add this to dry ingredients and stir well.

Transfer mixture to prepared ice cube trays and press down firmly. It may help to spray fingers with cooking spray. Put in refrigerator or freezer briefly to set.

To change it up

Substitute crushed Oat cereal, crushed corn flakes, or wheat flakes for rice cereal

Different dried fruit: tart cherries, banana chips, golden raisins, dried plums

Almond butter instead of peanut butter

Could add some coconut to replace the sunflower seeds

Instead of peanuts, could use pecans, almonds, cashew pieces or a mix of these