

Cliff Bars – 2 f’s

½ cup salted dry-roasted peanuts

½ cup raisins, craisans, or other dried fruit, I like craisins. Also add 1/2 cup dried blueberries or strawberries. Hmmm!!

½ cup roasted sunflower seeds

2 cups raw oatmeal, quick or old fashioned

2 cups toasted rice crispies

½ cup peanut butter, crunchy or smooth, I use natural crunchy

½ cup packed brown sugar

¼ cup flax

¾ cup light corn syrup, I use 1 cup brown rice syrup from Tara Foods

1 teaspoon vanilla.

Pinch salt, to taste

1. Put peanuts, craisins, oatmeal in food processor, then in a large bowl. Add sunflower seeds, rice crispies. Set aside.
2. In a medium microwavable bowl combine peanut butter, brown sugar and syrup. Nuke on high for 2 minutes. Add vanilla and stir until blended.
3. Pour peanut butter mixture over dry ingredients and stir until coated.
4. Spoon into 9” x 13” pan. Press down firmly. It will help to coat your fingers with oil or Pam so they don’t stick. You can put parchment paper in the bottom.
5. Let stand for an hour and then cut into 16 or 24 bars.

Calories per bar: 225, 30 grams Carbs, 6 grams Protein, and 9 grams fat.