

Both crispy and chewy, these bars make a great dessert for little ones.  Plus, they are full of whole grains.

Ingredients

2 cups rolled oats
1½ cups rice cereal
½ teaspoon salt
½ cup peanut butter
4 ounces chopped 60-percent cacao bittersweet chocolate, or ¾ cup chocolate chips
¼ cup coconut oil
¼ cup honey
1 cup (about 5 ounces) dried cherries

Directions

1. Line a 13-by-9-inch baking pan with parchment paper, leaving a bit of paper to hang over the sides.
2. Combine oats, rice cereal and salt in a large bowl.
3. Melt together peanut butter, chocolate chips, coconut oil and honey in a saucepan over medium heat, stirring frequently.
4. Pour wet mixture over oat mixture. Stir to combine.
5. Stir in dried cherries.
6. Pour mixture into prepared pan. Press to evenly cover the bottom of the pan.
7. Chill for at least 3 hours. Remove from pan using overhang of paper as handles. Cut into 28 bars. Store in the refrigerator.

Cooking Note

- Substitute gluten-free rolled oats and rice cereal, if needed.

Nutrition Information

Serving size: 1 bar
Serves 28

Calories: 141; Total fat: 7g; Saturated fat: 3g; Cholesterol: 0mg; Sodium: 70mg; Carbohydrates: 19g; Fiber: 2g; Sugars: 9g; Protein: 3g; Potassium: 112mg; Phosphorus: 83mg

