

Carol's Natural No-Nut Cereal Bars

(gluten-free too!)

Sue note: Carol gave me one of these yummy bars and they make me want to never buy a packaged bar again. She recommends keeping them in the refrigerator until ready to eat and they are a wonderful post-workout snack because of the carb/protein blend....have them with your tea or coffee.

Ingredients:

1 cup sunflower butter
¾ cup agave nectar
5 cups crispy brown rice cereal
½ cup dried cranberries
½ cup dark chocolate chips
½ cup dried chopped apricots
½ cup pumpkin seeds
¼ cup flaxseeds

Directions:

Bring sunflower butter and agave nectar to a boil in saucepan. Remove from heat and stir in remaining ingredients. Pour mixture into a buttered 9x13 pan. Let sit for several hours in the refrigerator before cutting into bars.