

## *No Bake Peanut Butter Bars*

### Ingredients:

- 3 cups old-fashioned oats
- 1 ¼ cups honey
- 2 (16 oz) jars of natural peanut butter
- 1 cup dried fruit (raisins, cranberries, etc)
- 1 cup crushed nuts (almonds, cashews, etc)
- 1 tablespoon salt

### Directions:

- Combine honey and peanut butter in a large mixing bowl
- Combine oats, dried fruit and nuts in a large mixing bowl
- Combine dry ingredients with the wet ingredients, one cup at a time, until thoroughly mixed
- Press into a 9x9 pan or dish of some kind. Eat right away or refrigerate overnight to let it set

### Nutrition Facts:

- 16 servings
- 550 calories per serving
- Fat: 32 g
- Sodium: 650 mg
- Protein: 15 g
- Calcium: 20 mg