

No-bake Breakfast Bars

- 1 cup old-fashioned rolled oats
- 1 cup dried cranberries
- 1/2 cup unsalted roasted peanuts
- 1/2 cup unsalted shelled sunflower seeds
- 1/4 cup chia seeds
- 3/4 cup unsalted peanut butter
- 1/2 cup mild honey
- 1 tsp vanilla extract
- 1 cup unsweetened puffed rice cereal

Line a 7x11 or 9x9-inch baking dish with aluminum foil, leaving a 1-inch overhang along each long side.

Mix 1 cup old-fashioned rolled oats, 1 cup unsweetened puffed rice cereal (preferably brown rice), 1 cup dried cranberries, 1/2 cup unsalted roasted peanuts, 1/2 cup unsalted shelled sunflower seeds and 1/4 cup chia seeds in large bowl.

Combine 3/4 cup unsalted peanut butter and 1/2 cup mild honey in small saucepan; stir over low heat until blended and smooth.

Stir in 1 tsp vanilla extract. Add to oat mixture; mix well.

Scrape into prepared baking dish; press firmly into an even layer.

Cover with plastic wrap and refrigerate at least 2 hours or overnight. Use foil overhang to transfer bars to a cutting board.

Cut into 18 bars.

Bars will keep, covered, in the refrigerator for up to 2 weeks.