



NO BAKE CHOCOLATE CHERRY OAT BARS

 @Gleanersfan



Ingredients:

2 cups rolled oats

1½ cups rice cereal

½ cup peanut butter

4 ounces chopped 60% cacao bittersweet chocolate, or ¾ cup chocolate chips

¼ cup coconut oil

¼ cup honey

1 cup (about 5 ounces) dried cherries (or other dried fruit such as cranberries or raisins)

Color your meal!



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Directions:

1. Line a 13"x9" baking pan with parchment
2. In a large bowl combine the oats and rice cereal
3. In a small pan melt the peanut butter, chocolate, coconut oil and honey. Stir frequently as you heat.
4. Combine the chocolate mix with the oat mix and stir in the dried fruit
5. Press the mix into the lined baking pan and chill in fridge for 3 hours
6. Remove from fridge and cut into bars

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Text **HEALTHYEATS** to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and more!