

No-Bake Granola Bars

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-granola-bar-recipe-indian>

Ingredients:

- 1/4 cup sunflower seeds raw
- 1/4 cup peanuts unsalted roasted
- 1/4 cup pumpkin seeds raw
- 3/4 cup Kellog's Rice Krispies
- 1/4 cup dried apricots sliced thinly
- 1/4 cup dried cranberries
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/4 cup peanut butter
- 1/4 cup honey

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 11 grams

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