



# WELLCOUG RECIPES

**No-bake Granola Bars:** A versatile staple to add to rice bowls, stir-fries, noodle dishes, and more!

## Ingredients

### *Pantry ingredients:*

- ½ cup liquid sweetener (agave, maple syrup, honey, brown rice syrup, or other sticky sweetener)
- 1 cup peanut butter or alternative nut/seed butter
- 3 cups rolled oats
- Pinch of salt
- *Extras (optional):* Cinnamon, nutmeg, raisins, chocolate chips, nuts, seeds, marshmallows, coconut, cocoa nibs, vanilla extract

## Process

1. Combine liquid sweetener and peanut butter in a microwave-safe bowl and microwave for 30 seconds, or until peanut butter is melted. Stir to combine and set aside.
2. In a large bowl, combine rolled oats, salt, and any optional ingredients and mix until evenly distributed. Stir in nut butter and sweetener mixture until oat mixture is evenly coated.
3. Spread mixture evenly on a greased or parchment-lined baking dish or cookie sheet. Refrigerate until set (30 minutes - 1 hour). Cut into 20 squares.

