

CHEF'S CORNER

WITH CHEF AMELIA

NO BAKE CEREAL BARS

FROM CHEF AMELIA'S KITCHEN

A NOTE FROM CHEF AMELIA:

I love cereal. I usually have at least 3 boxes of cereal at any given time, but inevitably am left with an amount too small to warrant a bowl. When that happens, I make these cereal bars. These treats are dangerously delicious! They don't require marshmallows or butter like another cereal treat you may be familiar with, and they come together in under 10 minutes. And there's no oven required to heat up your house! You can even make them into granola bars by replacing the cereal with uncooked oatmeal for a healthy snack.

INGREDIENTS:

- 1/3 cup honey
- ½ cup peanut butter
- 3 cups dry mix-ins (see note)

Note: These are delicious with the remnants of multiple boxes of cereal, but you can use any dry sweet or salty snacks. Uncooked oatmeal mixed with sunflower seeds and chopped dried fruit is one of my favorites. The only limit is your imagination, just remember that you need 3 cups total of whatever mix-ins you choose.

INSTRUCTIONS:

1. Combine your honey and peanut butter in a small pot and bring to a boil.
2. Pour hot mixture over the chosen mix-ins and press firmly onto a parchment lined cookie sheet or 9x9 brownie pan.
3. Refrigerate for 20 minutes.
4. Remove from fridge and cut into desired shapes.
5. If you would like a bonus fancy step, melt ½ a cup of chocolate chips, drizzle over the bars, and sprinkle with flaky sea salt. Refrigerate again to set the chocolate.
6. Store in a cool, dark place or in the fridge if your house is particularly warm.

