

Crispy Heath Bars

(Wheat Free)

- 2 Cups Rice Cereal
- 2 Cups Rolled Oats-I Used Quinoa Flakes & Buckwheat Flakes
- ½ Cup Raisins
- ½ Cup Roasted, Shelled Salted Sunflower Seeds
- ½ Cup Roasted Salted Pepitas
- ½ Cup Roasted Soy Nuts- I Used Sesame Seeds
- 1/3 Cup Xylitol-Recipe Called For ½ Cup Brown Sugar
- ½ Cup Light Corn Syrup-I Used ½ Glycerin With ½ Honey
- ½ Cup Peanut Butter
- 1 Tsp. Vanilla

Spray 9X13" Pan With Cooking Spray. In Large Bowl, Stir Together Cereal, Oats, Raisins, Sunflower Seeds, Pepitas And Soy Nuts.

In Medium Saucepan Mix Sugar Or Xylitol, Corn Syrup Or Glycerin And Honey, And Peanut Butter. Cook Over Medium Heat 3-5 Minutes Or Until Bubbly. Remove From Heat, Stir In Vanilla. Pour Over Cereal Mixture, Stir To Combine. Press Into Pan. Cool.
(Can Add Flax Meal).