

## Crispy Breakfast Bars

### INGREDIENTS:

- 7 cups of crispy, GF puffed whole-grain cereal
- $\frac{3}{4}$  cup dried cranberries
- $\frac{3}{4}$  cup dried blueberries
- $\frac{1}{2}$  cup sunflower seeds (optional)
- 1 teaspoon cinnamon
- $\frac{3}{4}$  cup brown rice syrup or honey
- $\frac{3}{4}$  cup almond butter
- 2 tablespoons butter substitute

### PREPARATION:

Stir together cereal, dried fruits, seeds and cinnamon in a large bowl. Place syrup, almond butter, and butter substitute in a large microwavable safe measuring cup. Microwave for 1  $\frac{1}{2}$  minutes on high, or until butter substitute has melted. Stir butter mixture well and pour over the cereal mixture. Stir to coat. Dampen your hands with cold water. Press cereal mixture firmly into a 9-inch square baking pan (rewetting hands if necessary to keep mixture from sticking). Freeze for 30 minutes. Cut into 15 bars and store in refrigerator.

### NOTES FROM THE COOK: