

Awesome Breakfast Bars

Here is a great recipe for Breakfast Bars you can take on the trail.

Chocolate Breakfast Bars Recipe Ingredients:

- 1 1/2 Cups honey
- 4 Tablespoons butter
- 2 Ounces white chocolate
- 1 Tablespoon vanilla
- 1 Cup sunflower seeds or nuts
- 1/2 Cup wheat germ or shredded coconut
- 2/3 Cup crunchy peanut butter
- 1 Cup dried fruit
- 5 Cups quick-cooking oats

Serves: 24

Boil the honey, butter, and chocolate for 1 minute. Remove from heat and add the vanilla. Mix together the remaining ingredients and stir into the chocolate mixture.

Pour the dough onto a cookie sheet and flatten it into one large rectangle about 1 inch thick. Let cool, then cut into bars.

Calories: 257

Carbohydrates: 39.1 grams

Cholesterol: 5 mg

Dietary Fiber : 2.3 grams

Fat: 9.5 grams

Fiber: 2.9

Protein: 6.5 grams

Saturated Fat: 2.27 grams

Sodium: 62 mg