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