

# Peanut Butter Walnut Granola Bars

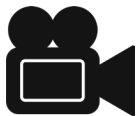
Makes 10 bars | Grains • Protein

## Ingredients

- 1 ½ cups old-fashioned rolled oats
- ¾ cup crushed wheat bran flakes cereal
- ¼ cup chopped walnuts
- ¼ cup dried fruit (optional)
- ½ cup peanut butter
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 large egg
- Nonstick spray

## Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 300°F and spray an 8×8 inch baking pan with nonstick spray. Set aside.
3. In a large bowl, combine oats, cereal, walnuts, and dried fruit.
4. Combine peanut butter, honey, and vanilla in a saucepan and heat until peanut butter melts.
5. Beat egg in a small bowl and pour over dry ingredients. Pour peanut butter mixture over dry ingredients and mix thoroughly.
6. Transfer to the 8×8-inch baking pan and press mixture down firmly.
7. Bake at 300°F for 30-40 minutes until golden brown on top.
8. Remove from oven and let cool completely before cutting into bars.



Cook with us! Find the video for this recipe at:

<https://uwyocnp.org/peanut-butter-walnut-granola-bars/>  
or scan the QR code with your phone.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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