



BUCKWHEAT GRANOLA BARS

Ingredients

- 1 cup granola
- 2/3 cup rolled oats
- 1/3 cup raw buckwheat groats
- 1/4 cup dried cherries, chopped
- (or dried fruit of choice)
- 2 tablespoons peanut butter

Directions

1. Grease or spray 10 cups of a standard size muffin tin.
2. In a medium bowl, combine the crisp rice cereal, oats, buckwheat groats and cherries.
3. In a small saucepan set over medium heat, cook and stir the nut butter, coconut oil, maple syrup and salt until mixture is melted and bubbling, Immediately pour over cereal mixture, stirring until well-coated. Divide mixture between the prepared cups. Using the bottom of a round measuring cup (grease or spray the bottom), firmly tamp down the mixture in each cup to compact.
4. Refrigerate at least 2 hours (or freeze for 45 to 60 minutes) until hard. Run a knife around edge of cup and gently pop out the round granola bars

We want to see how your Buckwheat Granola Bars came out, send us your pictures!
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