

# healthy fruit & honey Nut Bars

w/no refined sugar

- 1/2 cup Craisins
- 1/2 cup dried bananas
- 1 cup quick or rolled oats
- 1/8 tsp salt
- 1/3 cup peanut butter (or other nut butter)
- 1/4 cup honey

## Instructions:

Process Craisins and bananas well in a blender or food processor. Combine with remaining ingredients in a bowl. If your nut butter is cold, warm slightly to combine. Press evenly into an 8x8 pan lined with parchment paper. Freeze for at least one hour. Remove and cut into bars. Store in the refrigerator for several days or freeze for up to a month.

