



No-Bake Cereal Bars

Makes one 8x8 tray, or about 8 standard bars

3 cups of dried cereal, a mix between flakes, puffs and O's
½ cup nut or seed butter like almond or peanut butter
½ cup brown rice syrup
2 tablespoons ground flaxseeds or protein powder
½ teaspoon vanilla extract
A pinch of salt

Line an 8x8 baking pan with parchment paper and set it aside. Pour your 3 cups of cereal into a large bowl. We'll get back to that in a second.

In a large measuring glass, add the nut butter and brown rice syrup together. Stick this in the microwave for 30 seconds then try to stir them together. If they haven't warmed up enough to mix, microwave them for another 30 seconds until they're easy to stir. They just have to be warm, not hot. Once those sticky fuckers are all mixed up, stir the ground flaxseeds and vanilla extract. Now pour all of this over the cereal and mix until all the pieces are covered and there aren't any dry patches.

Dump this into your prepared pan and using another sheet of parchment paper press all of the cereal down firmly into an even layer. The more you pack this in, the sturdier the bars will be so don't be scared. Sprinkle some extra cereal pieces on top for looks if you're into that sort of thing and press them in. Once that's all done let them cool in the fridge or freezer for 30 minutes or an hour in a cool spot in your house. When they're set, take them out of the tray and cut them into bars of whatever size you like. Store them in the fridge or a cool spot in your pantry and they'll last you about a week.

Strawberry Cream Cereal Bars

Makes one 8x8 tray, or about 8 standard bars

2 ½ cups of dried cereal, a mix between flakes, puffs and strawberry O's
¼ cup broken up pieces of freeze-dried strawberries
¼ cup crispy puffed quinoa
½ cup nut or seed butter like cashew, tahini, or almond butter
½ cup brown rice syrup
½ teaspoon vanilla extract
A pinch of salt

Line an 8x8 baking pan with parchment paper and set it aside. Pour your 2 1/2 cups of cereal, 1/4 cup freeze-dried strawberries, and 1/2 cup crispy puffed quinoa into a large bowl. We'll get back to that in a second.

In a large measuring glass, add the nut butter and brown rice syrup together. Stick this in the microwave for 30 seconds then try to stir them together. If they haven't warmed up enough to mix, microwave them for another 30 seconds until they're easy to stir. They just have to be warm, not hot. Once those sticky fuckers are all mixed up, stir the ground flaxseeds and vanilla extract. Now pour all of this over the cereal and mix until all the pieces are covered and there aren't any dry patches.

Dump this into your prepared pan and using another sheet of parchment paper press all of the cereal down firmly into an even layer. The more you pack this in, the sturdier the bars will be so don't be scared. Sprinkle some extra strawberry pieces and quinoa on top for looks if you're into that sort of thing and press them in. Once that's all done let them cool in the fridge or freezer for 30 minutes or an hour in a cool spot in your house. When they're set, take them out of the tray and cut them into bars of whatever size you like. Store them in the fridge or a cool spot in your pantry and they'll last you about a week.