



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Maple Sea Salt Energy Bars

Serves 12 - 16

### Ingredients:

1/2 cup peanut butter (or almond butter)  
1/4 cup light brown sugar  
1 teaspoon vanilla extract  
2 tablespoons maple syrup  
2 tablespoons canola oil  
1/2 cup honey  
2 cups rolled oats  
2 cups crisp brown rice cereal  
1/4 cup chia seeds  
1/2 cup chopped walnuts  
1 cup dried cranberries  
1/2 teaspoon sea salt  
Cooking spray

### Directions:

1. Spray a 9" x 13" baking dish with cooking spray and set aside.
2. In a small saucepan over medium heat, combine peanut butter, brown sugar, maple syrup, canola oil, and honey. Stir and cook until mixture just begins to bubble, about 3 to 5 minutes. Remove from heat and stir in vanilla extract.
3. In a mixing bowl, combine oats, rice cereal, chia seeds, walnuts, and cranberries.
4. Pour peanut butter mixture over oatmeal mixture and stir gently until well combined. Sprinkle with sea salt. Then transfer to the prepared baking dish & cover with parchment paper and press firmly into dish.
5. Allow the bars to cool completely (will cool faster in the refrigerator). Cut into squares or bars.
6. Store in an airtight container for a week or freeze individually for up to 3 months.