

Puff bars

These crunchy fruit and nut bars are quick to make on the weekend. Enjoy on busy weekdays!



Kid-friendly



Vegetarian



No-cook



PREP TIME
40 min



COOK TIME
0 min



SERVINGS
12

Ingredients

- 1 L (4 cups) wheat, rice, or Kamut puffs
- 45 mL (3 tbsp) chia seeds
- 60 mL (¼ cup) unsalted pumpkin seeds
- 45 mL (3 tbsp) cacao nibs or mini chocolate chips
- 85 mL (⅓ cup) natural peanut or almond butter or non-nut alternative
- 85 mL (⅓ cup) honey

Directions

1. Line a 20x20 cm (8x8 inch) square pan with parchment paper and set aside.
2. In a large bowl, mix together puffs, chia seeds, pumpkin seeds, and cacao nibs.
3. In a microwave safe bowl, add peanut butter and honey. Microwave in 20-second intervals stirring in between each interval until mixture is smooth and pourable.
4. Pour the warm peanut butter mixture over the puff mixture and mix well.
5. Press mixture into the pan and place in the freezer for 30 minutes.
6. Cut into 12 portions.

Tips

- ✓ Little chefs can help measure and mix ingredients, and pour into the pan.
- ✓ Prepare a school safe, allergen-free snack. Try using non-nut butter instead of peanut butter, such as sunflower seed butter.
- ✓ Get creative! Mix and match combinations of dried fruits, nuts, and seeds.
- ✓ Store leftovers in the refrigerator for up to 1 week.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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