

Healthy Muesli Breakfast Bars: A Perfect On-the-Go Snack

These breakfast bars stand out for several reasons:



OVEN
350°F

TIME
15 min

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INGREDIENTS

- 2 cups rolled oats
- 1 cup mixed nuts (almonds, walnuts, pecans)
- 1/2 cup honey or maple syrup
- 1/2 cup nut butter (peanut or almond)
- 1/2 cup dried fruits (raisins, cranberries, apricots)
- 1/4 cup seeds (chia, flaxseed, or pumpkin seeds)
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

DIRECTIONS

1. Preheat your oven to 350°F (175°C) and line a baking dish (8x8 inches) with parchment paper.
2. In a large bowl, combine the rolled oats, mixed nuts, dried fruits, and seeds.
3. In a small saucepan over low heat, mix the honey (or maple syrup) and nut butter until smooth. Stir in the vanilla extract and cinnamon.
4. Pour the wet mixture over the dry ingredients and mix until everything is well coated.
5. Transfer the mixture to the prepared baking dish and press it down firmly.
6. Bake for 25 minutes or until golden brown. Let it cool completely before cutting into bars.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-muesli-breakfast-bars-a-perfect-on-the-go-snack/>