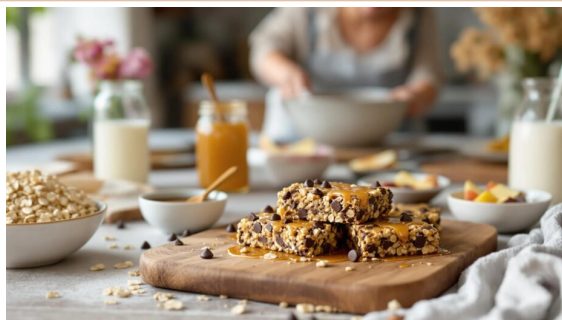


A Snack That Hits the Spot! Quick and Easy Ideas

There are several reasons why this snack recipe stands out among the rest:



TIME
15 min

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INGREDIENTS

- 1 cup of rolled oats
- 1/2 cup of nut butter (peanut, almond, or sunflower)
- 1/4 cup of honey or maple syrup
- 1/2 cup of chocolate chips or dried fruit
- 1/4 cup of chopped nuts (optional)
- 1/2 teaspoon of vanilla extract

DIRECTIONS

- 1. Mix the : Base:** In a large mixing bowl, combine the rolled oats, nut butter, honey (or maple syrup), and vanilla extract. Stir until everything is well incorporated. This is where you can get creative; I often add a pinch of cinnamon for an extra flavor kick!
- 2. Add the : Extras:** Fold in the chocolate chips or dried fruit and any chopped nuts if you're using them. This step is crucial as it adds texture and flavor to your snack.
- 3. Shape the : Mixture:** Using your hands or a spatula, press the mixture firmly into a lined baking dish. Make sure it's compact to ensure the bars hold together once cut.
- 4. Chill and : Cut:** Place the dish in the refrigerator for about 30 minutes to set. Once firm, remove from the dish and cut into bars or squares. Enjoy your delicious creation!

TIPS FOR SUCCESS

Experiment with Flavors: Try adding spices like nutmeg or cardamom for a unique twist.

Make it Vegan: Substitute honey with agave syrup or maple syrup to make this snack vegan-friendly.

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

Original recipe: <https://chefmaniac.com/a-snack-that-hits-the-spot-quick-and-easy-ideas/>