



Mountain Sunrise Date Cereal Bars

A sweet, crunchy and savory on-the-go breakfast snack.

SERVINGS: 12 Bars PREP TIME: 10 min
TOTAL TIME: 30 min

Ingredients

4 cups Nature's Path Crunchy Vanilla Cereal

1 cup Rancho Meladuco Bahri or Medjool dates

2/3 cup Soom Tahini

1-2 Tbsp Bjorns Honey

1 big fat pinch of sea salt

1/2 cup shredded unsweetened coconut

Optional add-ins:

Dried tart cherries

Chocolate chips

Choice of nuts

Directions

Pour cereal and shredded coconut into a mixing bowl. Add dates, tahini, honey and salt to a high-speed blender and blend until combined. Pour the date mixture over cereal and stir until cereal is evenly coated. Fold in optional add-ins. Press cereal bar mixture firmly into a lightly greased bar pan or baking dish and. Cover and refrigerate or freeze for 20-30 minutes or until firm.

Scoop bars out of bar pan or slice in the dish, individually wrap with Skratch Paper 2.0 and grab when ready for your next ride. They do not need to be kept in the fridge but will last the longest that way!



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Recipe

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