

No-bake Energy Bars

I first found this recipe online when I began riding again in 2010. I got tired of spending as much as I was on pre-packaged energy bars. On a 1-10 scale, they're probably a 6 or 7. I'll keep looking for a better recipe. These turn pink from the tart cherries. It's kind of strange.



1 cup instant oats
1/3 cup dried tart cherries or cranberries
1/2 cup natural peanut butter (creamy works best)
3 tbs. honey
1 tsp vanilla
2 tbs. ch. chips milk or dark (optional)

Mix, press into small pan or bowl, refrigerate 2 hours.