

Homemade Chocolate Chip Clif Bars

A healthy allergy-friendly snack for kids and adults of all ages that won't break the budget. They're easy to customize based on your preferences or what you've got on hand. Store in the refrigerator for up to 2 weeks (if they last that long)!

🕒 Prep: 5 mins Cook: 25 mins Total: 30 mins

👤 Servings: 16 bars

1x	2x	3x
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INGREDIENTS

- 1 1/4 cups sunflower seed butter (200 g)
- 1/2 cup honey (150 g)
- 1 teaspoon pure vanilla extract
- Pinch of salt
- 3 1/4 cups crisp rice cereal* (85 g)
- 3/4 cup unsweetened shredded coconut (40 g)
- 2/3 cup raw or dry roasted unsalted sunflower seeds (60 g)
- 1/3 cup mini chocolate chips** (65 g)

INSTRUCTIONS

1. In a medium saucepan over low heat, combine the sunflower seed butter, honey, vanilla, and salt and stir constantly until melted together.
2. Remove from heat and in a large mixing bowl combine the cereal and sunflower butter mixture, stir until well combined.
3. Place bowl in the refrigerator and allow the cereal mixture to cool for about 10-15 minutes. This is important to prevent the chocolate chips from melting when added.
4. When the cereal mixture is cooled, fold the coconut, sunflower seeds, and chocolate chips into the cereal mixture. With clean hands is easiest.
5. Line a 9×13-inch baking pan or dish with parchment paper. Transfer the mixture to the pan and using your hands, firmly press the dough into the pan, spreading out evenly. For a thicker bar use an 11×7-inch or 9×9-inch pan or dish.
6. Place in the freezer and freeze for at least 30 minutes before cutting into bars.
7. Bars will keep up to two weeks in a covered container in the fridge (or freeze for longer storage).

NOTES

* to make this recipe dairy-free, use dairy-free chocolate chips, such as Enjoy Life or Hu brands

** not all crisp rice cereals are gluten free or made in a facility that doesn't also process gluten-containing foods, so if you have celiac disease, seek our crisp rice cereal that is certified gluten free

NUTRITION INFORMATION

Serving Size: 1 bar **Calories:** 188 **Fat:** 11 g (**Sat Fat:** 3 g) **Sodium:** 68 mg
Carbohydrate: 18 g (**Fiber:** 4 g **Sugar:** 8 g) **Protein:** 6 g **Cholesterol:** 0 mg

DIETARY

Dairy-Free **Egg-Free** **Gluten-free** **Nut-free** **Vegetarian**

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