

Apple Granola Bar

INGREDIENTS

- 1-2 bags of dried apples
- 1 bag of raw sunflower kernels
- 1 container of rolled oats
- 1 cup of honey



DIRECTIONS

1. Drizzle honey over the dried apple pieces.
2. Sprinkle sunflower kernels on top of sticky dried apple pieces.
3. Sprinkle rolled oats on top of sticky dried apple pieces.
4. Press the dried apple, sunflower kernels and rolled oats together to form a granola bar or ball.