Rainforest Chewy Bars
Makes 24 bars

1/4 cup honey
2 Tablespoons butter
1 package (10 ounces) marshmallows
   (about 36 marshmallows)
6 cups flaked oat cereal
1 cup dried apricots, chopped
1 cup almonds, chopped
1/2 cup sunflower kernels

1. Microwave honey and butter in a large microwave safe bowl on HIGH 1 minute; stir until well blended.
2. Add marshmallows; toss to coat.
3. Microwave 1 1/2 minutes or until marshmallows are puffed; stir until well blended.
4. Add remaining ingredients and mix well.

NOTE: try raisins or dried cranberries instead of apricots.