



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.
5. Press cereal mixture firmly into greased 9 x 13 inch pan. Cool. Cut into 24 bars.

NOTE: try raisins or dried cranberries instead of apricots.