



Flax Snax

- $\frac{1}{2}$ cup light peanut butter
- $\frac{1}{2}$ cup corn syrup
- 3 cups crispy rice cereal
- $\frac{1}{2}$ cup Natunola® health's delight
Shelled Flax Kernel
- $\frac{1}{2}$ cup almonds
- 1 cup dried cranberries



Preheat oven to 350°F . In large pot add peanut butter and corn syrup. Cook on low heat stirring constantly until mixture comes to a boil. Add cereal, Natunola® health's delight Shelled Flax Kernel, almonds and cranberries.

Place in a greased 8 inch pan. Bake for 10 - 15 minutes. Cool completely before serving.

Yields 16 - 1 inch squares

Note: For a variation of this recipe eliminate cranberries and add $\frac{1}{2}$ cup chocolate chips and $\frac{1}{2}$ cup mini marshmallows or add caramel sauce before baking. You can also drizzle with melted chocolate and caramel.

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