

Pumpkin Spice Energy Bars



20-Nov-2023

Level: Easy

Makes: About 30 bars

Prep Time: 45 minutes

Cooking Time: 15 minutes



- $\frac{1}{2}$ cup pitted dried apricots, diced
- $\frac{1}{2}$ cup Ocean Spray® Craisins® Dried Cranberries Infused with Blueberry Juice
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{8}$ cup sprouted pumpkin seeds
- $\frac{1}{8}$ cup roasted sunflower kernels, no salt
- $5\frac{1}{2}$ cups Kellogg's® Rice Krispies® cereal
- 2 cups quick oats, uncooked (not old-fashioned or rolled oats)
- $\frac{1}{2}$ cup (or 1 stick) unsalted butter + more for greasing pan
- 1 cup extra crunchy (chunky) peanut butter (not natural peanut butter)
- $\frac{1}{4}$ tsp. pumpkin pie spice
- 1 (8 oz.) package Jet-Puffed Pumpkin Spice Marshmallows

Preheat oven to 250°F. Grease bottom and sides of a 9"x13" baking pan with unsalted butter. Set greased pan aside. Place diced dried apricots, dried cranberries, golden raisins, pumpkins seeds, and sunflower kernels in a small mixing bowl. Set aside.

Line a large baking pan with parchment paper with a 3-inch overhang. Evenly spread cereal and oats on lined pan. Bake for 15 minutes.

While the cereal and oats are roasting in the oven, melt $\frac{1}{2}$ cup unsalted butter and peanut butter on the stove in a large pot on low heat. Stir with a silicone spatula until all are melted. Add the pumpkin pie spice and mix. Add marshmallows and stir continuously until marshmallows are completely melted. Take pot off heat source.

Remove roasted cereal and oats from oven. Dump dried fruits and seeds on top. Carefully lift parchment paper by the edges and pour cereal and dried fruits and seeds into the marshmallow mixture. Stir ingredients with a silicone spatula until all are combined. Work quickly as mixture will get thick and sticky. Dump mixture into the prepared greased pan and spread evenly. Cover entire pan with a piece of wax paper. Press mixture down evenly. (I roll a glass cup over the wax paper to press the bars down to make them compact and even.) Refrigerate for 15 minutes. Cut into bars, wrapping each energy bar in wax paper. Place in an airtight container and eat within a week.

