

# Eatmore Bars

1 c peanut butter,  
½ c chocolate chips,  
1 c corn syrup,  
1 c brown sugar.

Cook in microwave until sugar is melted –  
about 6 minutes.

Add:

1 ½ c rice krispies,  
½ c sunflower seeds,  
½ c sesame seeds,  
¾ c chopped peanuts.

Mix all and spread on greased cookie sheets.  
Do not put in fridge. Freezes well.