



(Almost) No-Bake Granola Bars



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup plus
- ☐ 0.3 cup extra crunchy peanut butter
- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup honey
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 3 cups puffed wheat/whole grain type cereal lean (Kashi) (see note)

Equipment

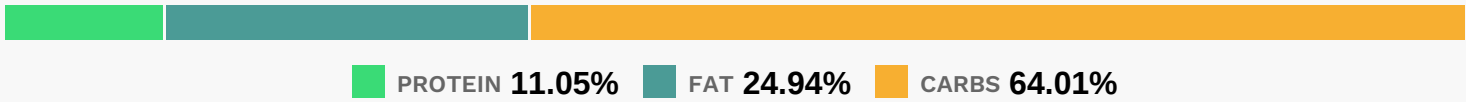
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees and line a 9 inch square metal pan with nonstick foil.In a large (3 quart) nonstick saucepan, combine the honey, corn syrup and peanut butter.
- ☐ Heat over medium until the mixture starts to boil, then boil gently for 1 minute.
- ☐ Remove from heat and stir in the cereal, cherries and nuts.Scape mixture into pan and bake for 10 minutes.
- ☐ Let cool for about 30 minutes, then lift from the pan and score (do not separate) into 8 bars.
- ☐ Let the bars cool completely.

Nutrition Facts



Properties

Glycemic Index:11.41, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:14.785652197573%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 326.62kcal (16.33%), Fat: 9.69g (14.91%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 49.47g (17.99%), Sugar: 20.71g (23.01%), Cholesterol: 0mg (0%), Sodium: 61.08mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.32%), Manganese: 2.2mg (109.93%), Selenium: 29.09µg (41.56%), Fiber: 6.5g (25.99%), Magnesium: 86.87mg (21.72%), Phosphorus: 212.23mg (21.22%), Vitamin B3: 3.77mg (18.85%), Vitamin B1: 0.26mg (17.35%), Copper: 0.33mg (16.4%), Vitamin B6: 0.26mg (12.84%), Iron: 2.09mg (11.62%), Zinc: 1.69mg (11.27%), Folate: 34.68µg (8.67%), Potassium: 270.55mg (7.73%), Vitamin E: 1.03mg (6.87%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.43mg (4.27%), Vitamin A: 184.32IU (3.69%), Calcium: 31.48mg (3.15%)