



## Breakfast Cereal Bars

 Vegetarian Vegan Dairy Free Popular

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 cup karo syrup
- ☐ 6 cups grain cereal whole
- ☐ 2 tbsp peanut butter

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ mixing bowl

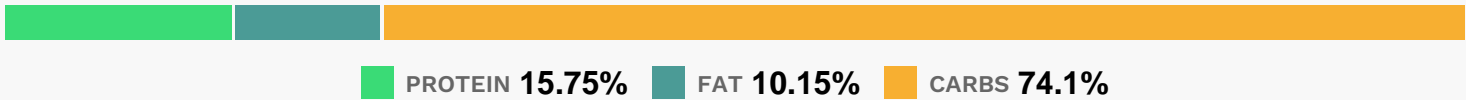
- ☐ pot
- ☐ baking pan
- ☐ spatula

## Directions

- ☐ Line a 9x9 baking pan with wax or parchment paper and set aside. Dump cereal into a very large mixing bowl, mixing it together if using different cereals, and set aside.
- ☐ Combine brown rice syrup with optional peanut butter in a medium saucepan and warm over medium heat, stirring constantly, until it becomes liquid-like and is no longer thick. Once it's liquid, dump HALF of it on the cereal and set the pot down in a safe place. Using a spatula stir the cereal gently, trying to coat all cereal with a little bit of the mixture.
- ☐ Add the remaining mixture as needed to make sure that all pieces are lightly coated but not well coated (or they will be mushy).
- ☐ Transfer cereal to the 9x9 pan and using a spatula, pack it down tightly and evenly.
- ☐ Let the mixture set out and dry for at least 4 hours before trying to cut blocks or bars.

- Nutritional Information
- ☐ Amount Per Serving
  - ☐ Calories
  - ☐ Fat
  - ☐ Carbohydrate
  - ☐ gDietary Fiber5gSugars8gProtein4g

## Nutrition Facts



## Properties

Glycemic Index:1.17, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.8526087122281%

## Nutrients (% of daily need)

Calories: 127.25kcal (6.36%), Fat: 1.48g (2.28%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.21g (8.44%), Sugar: 14.08g (15.64%), Cholesterol: 0mg (0%), Sodium: 93.53mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin B1: 0.28mg (18.65%), Vitamin B2: 0.22mg

(12.77%), Vitamin B6: 0.21mg (10.59%), Iron: 1.55mg (8.59%), Vitamin B3: 1.59mg (7.97%), Folate: 27.29µg (6.82%), Vitamin C: 5mg (6.06%), Calcium: 50.78mg (5.08%), Fiber: 1.15g (4.59%), Manganese: 0.04mg (1.95%), Vitamin E: 0.24mg (1.62%), Magnesium: 4.51mg (1.13%)