



## Chewy No Bake Granola Bars

 Popular

READY IN



75 min.

SERVINGS



24

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 0.5 cup chocolate chips mini
- ☐ 1 cup rice cereal crispy
- ☐ 0.5 cup fruit mixed dried chopped
- ☐ 0.3 cup honey
- ☐ 1 cup rolled oats

- ☐ 1 cup steel-cut oats
- ☐ 2 teaspoons vanilla extract

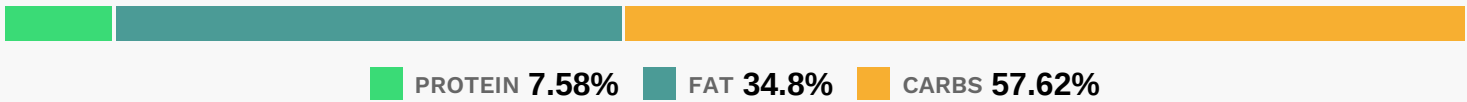
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Grease a 9x13-inch baking dish.
- ☐ Mix rolled oats, steel-cut oats, rice cereal, dried fruit, and almonds together in a large bowl.
- ☐ Melt butter in a saucepan over medium heat; add brown sugar, honey, and vanilla extract.
- ☐ Whisk until sugar is completely dissolved, about 2 minutes.
- ☐ Pour over oat mixture; stir to combine.
- ☐ Spread oat mixture into prepared baking dish. Press chocolate chips into top. Refrigerate until chilled, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:10.01, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:2.2447825969885%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 125.73kcal (6.29%), Fat: 4.98g (7.66%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 16.91g (6.15%), Sugar: 10.3g (11.44%), Cholesterol: 5.65mg (1.88%), Sodium: 19.56mg (0.85%), Alcohol: 0.11g (100%), Alcohol %: 0.5% (100%), Protein: 2.44g (4.88%), Manganese: 0.2mg (10.07%), Fiber: 1.65g (6.59%), Vitamin E: 0.84mg (5.57%), Iron: 0.66mg (3.69%), Magnesium: 14.08mg (3.52%), Phosphorus: 30.57mg (3.06%), Vitamin B2: 0.04mg (2.61%), Copper: 0.05mg (2.59%), Calcium: 23.49mg (2.35%), Selenium: 1.29µg (1.85%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.24mg (1.61%), Potassium: 49.63mg (1.42%), Vitamin A: 67.6IU (1.35%)