

BREAKFAST

Gobble Up Granola Snacks

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	18	\$0.22	148 kcal



If you want to add more dairy free, lacto ovo vegetarian, and vegan recipes to your recipe box, Gobble Up Granola Snacks might be a recipe you should try. This recipe serves 18. One portion of this dish contains about 3g of protein, 4g of fat, and a total of 171 calories.

Ingredients

- ☐ ½ cup packed brown sugar
- ☐ 2½ cups crispy rice cereal
- ☐ 2 cups quick-cooking oats
- ☐ 1 teaspoon vanilla extract
- ☐ ½ cup light corn syrup
- ☐ ½ cup crunchy peanut butter
- ☐ ½ cup raisins

EQUIPMENT Bowl, Frying pan, Sauce pan, Baking pan

Method

- 1 In a large bowl, stir together the rice cereal, oats, and raisins. Set aside. Grease a 9x13 inch baking dish with cooking spray.
- 2 Combine the brown sugar and corn syrup in a small saucepan over medium heat.
- 3 Heat just until boiling, then remove from heat and stir in peanut butter and vanilla until smooth.
- 4 Pour over the cereal and oat mixture, and mix well.
- 5 Press into the prepared pan using the back of a large spoon. Allow to cool, then cut into squares.

Nutrition per serving

148	3 g	4 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			14 g · 16% of daily needs
Sodium			44 mg · 2% of daily needs
Cholesterol			0 mg · 0% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/gobble-up-granola-snacks-148501