



## No Bake Cereal Bars

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups candy-coated milk chocolate pieces
- 4 cups oat cereal toasted
- 1 cup plus light
- 1.5 cups creamy peanut butter
- 2 cups rice cereal crispy
- 2 cups dry-roasted peanuts
- 1 teaspoon vanilla extract
- 1 cup sugar white

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In a large bowl, toss together the toasted oat cereal, rice cereal, peanuts and chocolate pieces; set aside. Grease a 10x15 inch jellyroll pan.
- In a medium saucepan over medium heat, stir together the corn syrup and sugar. Bring the mixture to a boil and cook until sugar is completely dissolved.
- Remove from heat and quickly stir into the peanut butter and vanilla.
- Pour the mixture into the bowl with the cereal mixture and mix well. Press into the prepared pan.
- Let stand until set.
- Cut into bars and serve.

## Nutrition Facts

**PROTEIN 9.25%** **FAT 45.93%** **CARBS 44.82%**

## Properties

Glycemic Index:4.3, Glycemic Load:8.29, Inflammation Score:-4, Nutrition Score:8.2269564679135%

## Nutrients (% of daily need)

Calories: 345.48kcal (17.27%), Fat: 18.56g (28.55%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 38.04g (13.83%), Sugar: 31.94g (35.49%), Cholesterol: 2.6mg (0.87%), Sodium: 160.02mg (6.96%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 8.41g (16.82%), Manganese: 0.65mg (32.39%), Vitamin B3: 4.64mg (23.22%), Folate: 56.58µg (14.15%), Magnesium: 52.31mg (13.08%), Phosphorus: 116.09mg (11.61%), Fiber: 2.7g (10.8%), Iron: 1.83mg (10.17%), Vitamin E: 1.48mg (9.9%), Copper: 0.17mg (8.31%), Vitamin B6: 0.17mg (8.27%), Vitamin B1: 0.12mg (8.11%), Zinc: 1.2mg (8.02%), Potassium: 209.87mg (6%), Calcium: 54.76mg (5.48%), Vitamin B12: 0.24µg (3.95%), Selenium: 2.76µg (3.94%), Vitamin B5: 0.38mg (3.78%), Vitamin A: 154.29IU (3.09%), Vitamin B2: 0.05mg (2.97%), Vitamin C: 0.85mg (1.03%)