



No-Bake Granola Bars

READY IN



45 min.

SERVINGS



54

CALORIES



58 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup plus light
- ☐ 2.5 cups rice cereal crisp
- ☐ 0.5 cup milk chocolate morsels
- ☐ 0.5 cup peanut butter
- ☐ 2 cups quick-cooking oats uncooked
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon vanilla extract

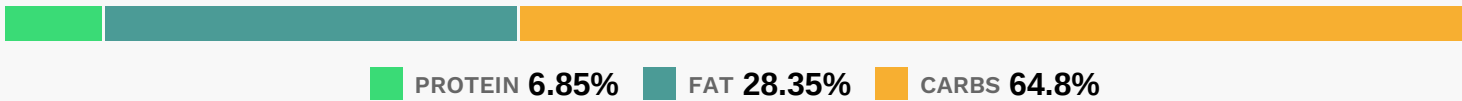
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wire rack

Directions

- ☐ Combine first 3 ingredients in a large bowl; set aside.
- ☐ Bring brown sugar and syrup to a boil in a small saucepan over medium-high heat, stirring constantly; remove from heat. Stir in peanut butter and vanilla until blended.
- ☐ Pour peanut butter mixture over cereal mixture, stirring until coated; let stand 10 minutes. Stir in chocolate morsels. Press mixture into a 13- x 9-inch pan; cool in pan on a wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:2.23, Inflammation Score:-1, Nutrition Score:1.4169565261058%

Nutrients (% of daily need)

Calories: 57.91kcal (2.9%), Fat: 1.92g (2.96%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 9.4g (3.42%), Sugar: 5.66g (6.28%), Cholesterol: 0mg (0%), Sodium: 13.29mg (0.58%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 1.05g (2.09%), Manganese: 0.17mg (8.46%), Magnesium: 13.03mg (3.26%), Phosphorus: 23.96mg (2.4%), Fiber: 0.5g (2%), Vitamin B3: 0.39mg (1.95%), Selenium: 1.26µg (1.81%), Vitamin B1: 0.03mg (1.78%), Vitamin E: 0.24mg (1.6%), Iron: 0.25mg (1.42%), Copper: 0.03mg (1.41%), Potassium: 43.92mg (1.25%), Zinc: 0.18mg (1.22%), Folate: 4.41µg (1.1%)