



No-Bake Granola Bars

READY IN



45 min.

SERVINGS



16

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 3 cups cereal
- ☐ 3 tablespoons honey
- ☐ 0.5 cup light-brown sugar packed
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 cup raisins chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup semi chocolate chips frozen
- ☐ 4 tablespoons butter unsalted

☐ 1 teaspoon vanilla

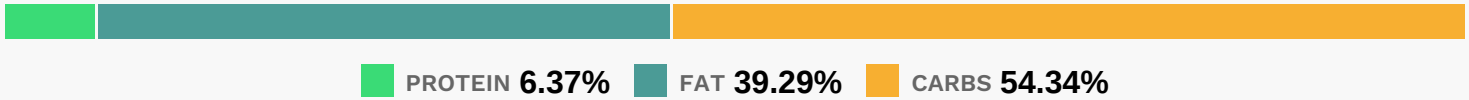
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Line a 9×13 inch pan with nonstick foil. If making a half batch, use an 8 inch pan.Melt the butter in a nonstick saucepan. Stir in the salt, sugar, honey and maple syrup and bring to a boil. Boil gently for 2 minutes to dissolve the sugar, then remove from the heat and let cool for about 5 minutes. Stir in the vanilla and let cool for another 10 minutes, but not so long that it becomes stiff. The point of letting it cool is so that it’s not so hot as to melt the chocolate.Meanwhile, crush the granola with a rolling pin.
- ☐ Combine the crushed granola with the cold chocolate chips, nuts and raisins (or trail mix).When the sugar mixture has cooled slightly, stir it into the granola mixture
- ☐ Stir until fully blended, then press it as tightly as you can into the pan.
- ☐ Let cool at room temperature for about a half hour, then score the bars without separating. Chill until firm. Lift from the pan and separate the bars.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:4.56, Inflammation Score:-3, Nutrition Score:7.0765218086865%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg

0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 252.72kcal (12.64%), Fat: 11.37g (17.49%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 35.39g (11.8%),
Net Carbohydrates: 32.88g (11.96%), Sugar: 19.11g (21.24%), Cholesterol: 7.86mg (2.62%), Sodium: 30.42mg (1.32%),
Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.84mg (1.61%), Protein: 4.15g (8.3%), Manganese: 0.9mg
(44.82%), Vitamin E: 2.14mg (14.26%), Magnesium: 45.73mg (11.43%), Phosphorus: 108.06mg (10.81%), Copper:
0.2mg (10.08%), Fiber: 2.51g (10.06%), Iron: 1.7mg (9.47%), Vitamin B2: 0.15mg (9.04%), Selenium: 4.79µg (6.84%),
Potassium: 211.63mg (6.05%), Vitamin B1: 0.09mg (5.98%), Zinc: 0.79mg (5.3%), Calcium: 47.36mg (4.74%), Folate:
10.13µg (2.53%), Vitamin B3: 0.49mg (2.47%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.19mg (1.86%), Vitamin A:
90.32IU (1.81%), Vitamin K: 1.66µg (1.58%)