



No-Bake Homemade Granola Bars

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup creamy peanut butter
- 2.5 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 0.3 cup brown sugar dark packed
- 0.5 cup honey
- 1.5 cups quick-cooking oats
- 1 cup planters nutâ€™crition antioxidant mix
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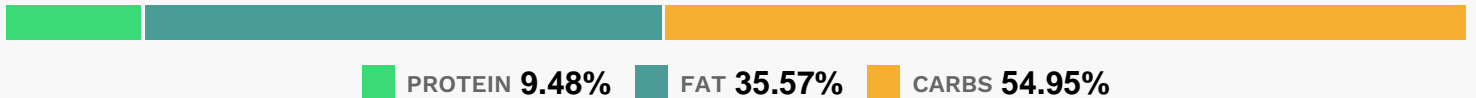
Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Combine first 3 ingredients in large bowl.
- Microwave remaining ingredients in microwaveable bowl on HIGH 1 min.; stir.
- Add to cereal mixture; mix well. Press onto bottom of prepared pan.
- Cool 30 min.
- Remove from pan before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:8.27, Inflammation Score:-4, Nutrition Score:7.2521738319293%

Nutrients (% of daily need)

Calories: 172.25kcal (8.61%), Fat: 7.23g (11.13%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.65g (8.6%), Sugar: 14.66g (16.29%), Cholesterol: 0mg (0%), Sodium: 93.47mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Manganese: 0.71mg (35.51%), Vitamin B3: 2.63mg (13.16%), Iron: 2.17mg (12.06%), Folate: 47.3µg (11.82%), Magnesium: 45.6mg (11.4%), Phosphorus: 88.12mg (8.81%), Vitamin E: 1.25mg (8.32%), Vitamin B1: 0.12mg (8.28%), Zinc: 1.24mg (8.26%), Vitamin B6: 0.15mg (7.64%), Vitamin B2: 0.11mg (6.51%), Selenium: 4.3µg (6.15%), Fiber: 1.49g (5.98%), Copper: 0.1mg (5.08%), Vitamin B12: 0.25µg (4.19%), Potassium: 121mg (3.46%), Calcium: 30.5mg (3.05%), Vitamin B5: 0.27mg (2.73%), Vitamin A: 83.34IU (1.67%), Vitamin C: 1.06mg (1.28%), Vitamin D: 0.17µg (1.11%)