

# NO-BAKE GRANOLA BARS



## NO-BAKE GRANOLA BARS

1  $\frac{1}{2}$  cups oats (quick cooking or rolled oats)

1 cup rice crispy cereal

$\frac{1}{4}$  cup butter

$\frac{1}{4}$  cup honey (agave, rice or maple syrup)

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon vanilla extract (optional)

## No-Bake Raisin Nut Granola bars:

$\frac{1}{4}$  cup shredded coconut

$\frac{1}{3}$  cup raisins, chopped

$\frac{1}{3}$  cup almonds, toasted and chopped

## No-Bake Peanut Butter and Jelly Granola bars:

$\frac{1}{3}$  cup peanut butter

$\frac{1}{3}$  cup chopped peanuts

6 tablespoons jam (strawberry, grape, raspberry)

## No-Bake Double Chocolate Granola bars:

$\frac{1}{4}$  cup unsweetened natural cocoa powder

1 cup mini semi-sweet or dark chocolate chips

In a large bowl, mix together the oats and cereal.

In a medium microwavable bowl add in butter, honey and brown

sugar. Microwave this mixture for 2 minutes. It will bubble up so make sure your bowl is big enough so it doesn't overflow. You can also do this step in a saucepan if you don't have a microwave.

Into the caramel, whisk in the vanilla and salt.

Pour the mixture over the oats and thoroughly stir using a rubber spatula. Mix the ingredients together until the oats are completely coated.

Add in your desired mix-in (look above). Then press very firmly into a small tray lined with parchment. (9"x 9" or smaller)

If you like your bars thicker, you can use a smaller pan. If you do not press firmly enough, the bars will fall apart when you eat them. Place them in the fridge for 2-3 hours then cut to size.

Store in an airtight container in the fridge or on the counter.

**No-Bake Nut and Raisin Granola bars:**

Stir the nuts, coconuts and raisins into the granola mix coating them well in the caramel. Press into the tray firmly so the bars hold together.

Photo: Benhet Nieuwenhuis

Recipe posted by Benhet Nieuwenhuis