



Wheeler

Innovative Care. Positive Change.

No Bake Granola Bars

Just a little measuring, mixing and some time in the refrigerator and these bars are done in a snap. Serve them with some yogurt for a balanced snack.

Ingredients

¼ cup sunflower seed butter or peanut butter or almond butter or sesame butter or date paste
¼ cup honey
1 tablespoon canola oil
1 cup plain rolled oats
½ cup puffed rice
½ cup dried fruit (raisins, chopped apricots, chopper figs, chopped pineapple)
Pinch of salt
Pinch of cinnamon

Equipment

Measuring cups
Wooden spoon
Large bowl
8x8 baking pan

Directions

1. In a large bowl, combine nut butter, oil, and honey. Thoroughly mix. If it is difficult to mix, place in the microwave for 30 second intervals. Or you can place the mixture in a saucepan and warm on low heat. Ask an adult to help!
2. Once nut butter, honey and oil are combined and smooth, add remaining ingredients: oats, puffed rice, dried fruit, pinch of cinnamon, and salt.
3. Use a wooden spoon to combine until all dry ingredients are coated in the nut butter mixture. If your mixture is very wet, you can add more rice cereal or oats.
4. Press mixture into an 8x8 baking dish. Place in the refrigerator for 45-60 minutes.
5. Once set, cut into 12 pieces. Pieces can be stored at room temperature for 3-4 days. Or individually wrap them and store in the freezer for up to 4 months.

😊 Little helpers: This is a great dish for kids to try making on their own. They may need some help if the nut butter mixture needs to be heated. This dish is also very versatile so if the kids do not get perfect measurements it will still turn out well.



Nutrition: These no-bake granola bars contain less sugar than some store-bought versions. These bars are dairy free, egg free, and can easily be made nut and gluten free. To boost the nutritional value try adding some flax, chai, or hemp seeds.