

Purdue Extension

FoodLinkSM



Chewy Granola Bars

Recipe adapted from [Spend Smart, Iowa State University Extension and Outreach](#).

Prep	Cook	Total Time
15 min		45 min

Servings: 24

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Ingredients

- 2 cups quick cooking oats
- 2 cups crispy rice cereal
- 20 mini pretzels, crushed
- 3/4 cup pancake syrup, maple syrup, or honey
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract

Directions

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour syrup or honey into a microwave-safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13-inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using wax paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!

Nutrition Information

Serving Size 1 bar

Nutrients	Amount
Total Calories	100
Protein	2g
Carbohydrates	15g
Dietary Fiber	1g
Total Sugars	3g
Total Fat	3.5g
Saturated Fat	0.5g
Cholesterol	0mg
Minerals	
Calcium	6mg
Sodium	85mg
Iron	1.2mg



Quick Tips

- Add in 1/2 cup dried fruit, nuts, chocolate chips, or coconut to fit your taste.
- Bake in a 300°F oven for 20 minutes for a crunchier granola bar.
- Wash hands well when making meals or snacks that will not be cooked.

FoodLink has a wealth of information about items available locally. This is just one example. Use your Smart phone to scan the QR code or go to the website and learn more about honey.

FoodLink

Making Fresh Foods Decisions Fast and Recipes with Flavor

honey



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