



## Breakfast No-Bake Granola Bars

Serving Size 2" x 2" bar

Yield: 16 servings

### Ingredients:

- 2 1/2 cups toasted rice cereal
- 2 cups old-fashioned oatmeal
- 1/2 cup raisins
- 1/2 cup firmly packed brown sugar
- 1/2 cup light corn syrup
- 1/2 cup peanut butter
- 1 teaspoon vanilla



### Directions:

1. Put the rice cereal, oatmeal, and raisins in a bowl and stir together.
2. In a small saucepan mix together the brown sugar and corn syrup. Turn the heat to medium-high. Stir constantly while the mixture is brought to a boil. Once boiling, remove the saucepan from the heat.
3. Stir the peanut butter and vanilla into the sugar mixture in the saucepan. Blend until smooth.
4. Pour the peanut butter mixture over the cereals and raisins in the large bowl. Mix well.
5. Press the mixture into an 8" x 8" baking pan.
6. When cool, cut into 16 bars.

**Nutrition Facts:** Calories, 200; Calories from fat, 45; Total fat, 5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 85mg; Total Carbohydrate, 34g; Fiber, 2g; Sugar, 15g; Protein, 5 g; Vit. A, 4%; Vit. C, 4%; Calcium, 2%; Iron, 10%.

**Notes:** To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

Source: Oregon State University Extension



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.