

Adapted from: <http://allrecipes.com/recipe/chewy-no-bake-granola-bars/>

Easy No-Bake Granola Bars

Original recipe makes 2 dozen granola bars

2 cups rolled oats
1 cup crispy rice cereal
1/2 cup chopped mixed dried fruit
1/2 cup mixed coconut and sunflower seeds
5 TBSP Canola oil
1/2 cup brown sugar
1/4 cup honey
1/2 tsp cinnamon
1 TBSP Molasses
1TBSP Sesame seeds



Directions

1. Line a 9x13-inch baking dish with wax paper or parchment paper.
2. Mix rolled oats, rice cereal, dried fruit, coconut cinnamon and seeds together in a large bowl.
3. Warm canola oil in a saucepan over medium heat; add brown sugar, honey, molasses and vanilla extract. Whisk until sugar is completely dissolved, about 2 minutes. Pour over oat mixture; stir to combine.
4. Spread oat mixture into prepared baking dish. Refrigerate until chilled, about 1 hour. Cut into 24 bars.

CBE Nutrition
Guidelines:
Whole grain
products
Less than 5 grams
fat (less than 2 g
sat fat)
Less than 200 mg
sodium
More than 2 g
fibre
Not more than 12
g sugar if fruit or
veg included

Ingredients	Calories	Carbs	Fat	Protein	Sodium	Sugar	
No Name (Superstore - Old Fashioned Rolled Oats, 8 1/4 cup	400	72	7	13	0	3	⊖
Kellogg's - Rice Krispies Cereal - Canada, 1 cup	110	25	0	2	190	3	⊖
Bulk Sunflower Seeds - Shelled, Roasted, Salted, 0.5 cup	320	14	28	10	560	2	⊖
Honey, 0.25 cup	258	70	0	0	3	70	⊖
Raisins - Seedless, 0.5 cup, packed	247	65	0	3	9	49	⊖
Sugars - Brown, 0.5 cup, packed packed	415	107	0	0	43	106	⊖
Oil - Vegetable, canola, 5 tbsp	619	0	70	0	0	0	⊖
Asda - Sesame Seed, 1 Tablespoon	60	2	6	2	0	0	⊖
Crosby's - Cooking Molasses, 1 tbsp (20g)	50	13	0	1	5	13	⊖
Add Ingredient							
Total:	2479	368	111	31	810	246	
Per Serving:	103	15	5	1	34	10	