RESOURCE FOR: Energy Bar Exploration

Recipe



Basic Granola Bar Recipe

Dry Ingredients

1 c cereal (Cheerios, Rice Krispies, etc.) ½ c oats ¼ c dried Fruit (Raisins, Craisins, etc.) ¼ c nuts (peanuts, almonds, etc.)

Wet Ingredients

½ c firmly packed brown sugar ½ c honey 1 c peanut butter

Heat wet ingredients over low heat. Stir until smooth and mixed together.

Mix dry ingredients in large bowl. Stir in wet ingredients until combined.

Pour into 9" x 9" pan. Press flat with spoon. Use parchment or wax paper to flatten firmly.

Freeze for 30 minutes or overnight.