



No-Bake Granola Bars

Makes 36 servings



- 2 cups crispy rice cereal
- 2 cups quick-cooking oats
- 1/3 cup firmly packed brown sugar
- 1/2 cup light corn syrup

- 1/2 cup peanut butter
- 1 teaspoon vanilla extract
- 1/4 cup raisins
- 1/4 cup semi-sweet chocolate chips

Directions

1. Combine cereal and oats in a large bowl; set aside.
2. Bring brown sugar and syrup to a boil in a small saucepan over medium-high heat, stirring constantly until the sugar is dissolved. Remove from heat. Stir in peanut butter and vanilla until blended.
3. Pour peanut butter mixture over cereal mixture, stirring until coated; let stand 10 minutes.
4. Stir in raisins and chocolate chips. To make bars, press the mixture into a 13-inch by 9-inch by 2-inch pan. Cool in the pan on a wire rack. Cut into squares.

Preparation time: 20 minutes

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Nutrition Facts	
Serving Size (19g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1g	3%
Sugars 7g	
Protein 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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