

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's No-Bake Granola Bars

Yield: One 9x13 pan

INGREDIENTS:

2 cups quick cooking oats (or pulse whole oats in a food processor a bit)

1 cup crispy rice cereal

1/4 cup shredded coconut

1/4 cup honey or agave syrup

1/2 cup brown sugar

1/2 tsp. salt

1/2 tsp. vanilla



DIRECTIONS:

- ♥ Combine oats, cereal and coconut in large mixing bowl.
- ♥ Melt butter in small saucepan over medium-high heat; add honey, brown sugar and salt; stir together and allow to come to a boil.
- ♥ Begin timing once the boil has reached all the way around the edges of the saucepan. Allow mixture to boil for 2 minutes, 15 seconds. Adjust heat as needed so it doesn't overflow, but be sure it keeps boiling.
- ♥ Add the vanilla, then pour over the oat mixture, using a rubber spatula to get all the sugar syrup out of the pan; mix together until oats are completely coated.
- ♥ Add in desired mix-ins (see variations below) and then press mixture **FIRMLY** into a lightly greased 9x13" pan. (For thicker bars, use a smaller pan, or double the recipe and use the 9x13" pan.) If you don't press the mixture firmly into the pan, the bars will fall apart when you cut them.
- ♥ Refrigerate for 20 minutes and then cut into bars.

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Mix-in variations

Chocolate Chip: Add 1/2 cup mini chocolate chips to the oat mixture (let it cool a bit to avoid melted chips) before pressing into the pan. Sprinkle a few chips over the top before refrigerating.

White Chocolate Cranberry: Add 1/3 cup white chocolate chips and 1/3 cup Craisins to the oat mixture (let it cool a bit to avoid melted chips) before pressing into the pan.

Candy Bar: Add 1/3 cup Heath bar pieces, 1/3 cup of mini-M&Ms and 1/3 cup chopped pretzels to the oat mixture before pressing into the pan.

Peanut Butter: Add 2 Tbs. of peanut butter to the sugar mixture before pouring over the oats. Once mixed, add 1/2 cup peanut butter chips pecans to the finished mixture before pressing into the pan.

Raisin Nut: Add 1/3 cup chopped raisins and 1/3 cup chopped pecans to the finished mixture before pressing into the pan.

Pineapple/Macadamia: Add 1/3 cup dried chopped pineapple and 1/3 cup chopped macadamia nuts to the finished mixture before pressing into the pan.

