No Bake Granola Bars- Assessing conversion, note-taking & stove-top method

1/2 cup	mL quick cooking oats
1 cup	mL puffed wheat/rice or other breakfast cereal
2 Tbsps	mL flavourful ingredients (dried fruits/ seeds or nuts)
1 Tbsp + 2 tsp	mL margarine
3 Tbsps	mL honey or syrup
1/4 cup	mL brown sugar
1/4 tsp	mL vanilla extract
1/8 tsn	mL salt

Methods:

No Bake Granola Bars- Assessing conversion, note-taking & stove-top method

1/2 cup ______ mL quick cooking oats

1 cup ______ **mL** puffed wheat/rice or other breakfast cereal

2 Tbsps _____**30 mL** flavourful ingredients (dried fruits/ seeds or nuts)

1 Tbsp + 2 tsp 25 mL margarine

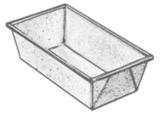
3 Tbsps _____ **45** mL honey or syrup

1/4 cup _____ **60 mL** brown sugar

1/4 tsp _____ mL vanilla extract

1/8 tsp <u>0.5</u> **mL** salt

Method of making Chewy No Bake Granola Bars



- 1. Grease a regular loaf pan with some margarine. Set aside.
- Add cooking oats, breakfast cereal and dried fruits into a large mixing bowl. Set aside.
- In a small saucepan, use medium heat to melt margarine. Add brown sugar, honey and salt inside. Stir and let it bubbles.



- 4. Once bubbles have reached all the way around edges of the pan, remove from the stove.
- © YOU MAY NEED TO TURN THE HEAT DOWN to LOW (#2) TO PREVENT FROM BURNING.

- Add vanilla into the sugar mixture. Immediately pour oat/cereal and flavouring ingredients (dried fruits & seeds) into the sugar mixture too.
- 6. Mix with wooden spoon until all ingredients are coated with sugar mixture. Transfer and press firmly into greased loaf pan.
- 7. Let cool for 15-30 minutes before removing from the pan. Cut into squares or bar shapes.

