

## **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 tsp \_\_\_\_\_ **mL** salt

### **Methods:**

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

1/2 cup \_\_\_\_\_ **125** \_\_\_\_\_ mL quick cooking oats

1 cup \_\_\_\_\_ **250** \_\_\_\_\_ 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 \_\_\_\_\_ **1** \_\_\_\_\_ mL vanilla extract

1/8 tsp \_\_\_\_\_ **0.5** \_\_\_\_\_ mL salt

### Method of making Chewy No Bake Granola Bars



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

5. 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.

