

No-Bake Granola Bars

Home-made granola bars are healthier since you can reduce the added sugar and eliminate preservatives.

Makes: 6 servings
Prep Time: 10 minutes

Source: commonthreads.org, [recipe/ no-bake-granola-bars](http://commonthreads.org/recipe/no-bake-granola-bars)

Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 Bar

Nutrients	Amount
Calories:	71
Total Fat:	1.9 g
Saturated Fat:	.2 g
Cholesterol:	0 mg
Sodium:	1 mg
Total Carbohydrates:	11.8 g
Dietary Fiber:	1.8 g
Total Sugars:	2.1 g
Added Sugars:	2.1 g
Protein	2.2 g

Utensils Needed

- Measuring Cups
- Measuring Spoons
- Medium Bowl
- Mixing Spoon
- 8 x 8 Baking Dish

SHOPPING LIST

Average total cost without oil and seasonings: \$12.08

Average cost/serving: \$2.01

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Honey (12 oz.)



Add 1 to Cart
Almond Butter (12 oz.)



Add 1 to Cart
Quick Oats (16 oz.)



Add 1 to Cart
Sunflower Seeds (16 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Place in refrigerator for 1 hour before serving.

Cooking Tips

- Want to switch up your breakfast routine? Try overnight oats. Check out snapedny.org for an Overnight Oat recipe and more recipe ideas that are quick and easy!
- Almond butter or any nut butter can be used in place of peanut butter in any recipe!
- Sunflower seeds go nicely on a fresh garden salad or in any homemade trail mix!