

No-Bake Granola Bars



Work Intensity



Storage

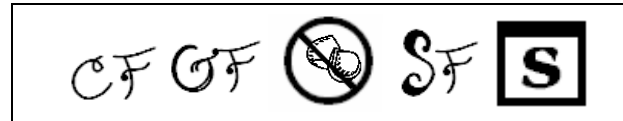


Cost

A gluten-free, soaked version of the famous KS granola bars? Yes, exactly. Although the ingredients are nearly the same, the taste is so very different because of the preparation. I think these guys are even closer to the ol' Quaker processed stuff!

Ingredients

- ½ c. sucanat
- ½ c. honey
- ¾ c. butter
- 1 tsp. vanilla
- 4 c. rolled oats or [soaked and dried oats](#)
- 1 c. chopped nuts
- 1 c. add-ins (see FAQs)



Method

Cook the sucanat, honey and butter in a small pot over low to medium-low heat until slowly bubbly, stirring often. Leave on the heat for at least 10 minutes after boil.

In a large bowl, mix the oats, nuts, and any add-ins (leave chocolate chips out until the end to try to avoid melting).

When the liquid is finished on the stove, remove from heat and add vanilla and peanut butter, if using. Stir until melty and thoroughly combined.

Mix the ingredients in the pot into the oat mixture. If using chocolate chips, add them afterward once things have cooled slightly.

Press into a 9x13 pan (or any container, really, even plastic) lined with wax paper. Freeze 30 minutes (or refrigerate a few hours) and cut into bars. Can store at room temperature, but holds together *best* when cold.

Makes about 2 dozen bars, depending on how large you slice them.

Variations

Peanut Butter: Use ½ c. creamy natural peanut butter and ¼ c. butter.

Less sweetener: I haven't tried it, but I bet you could cut the sucanat in half and still have workable bars. Because the sugars are holding everything together, just be ready to create granola instead of granola bars, just in case! :)

Alternative sweeteners: Brown sugar is an acceptable (but not as healthy) substitute for sucanat, and maple syrup should work in place of honey but will change the flavor.

If you'd like to avoid all granulated sweeteners, using a whole cup of honey and following the directions as written also creates workable bars, but if you want to store them at room temperature, you'll have trouble with them holding together. However – follow the “crunchy” directions below with honey-only bars, and you're back in business.

Crispier bars: After refrigerating or freezing, cut bars apart and place them spread apart on a cookie sheet. Bake for 8-10 minutes at 325F. Watch closely for overbrowning. You will think this trick didn't work when you take them out, but *don't touch!* Let everything cool completely right on the cookie sheet, and you'll have a healthy snack that truly deserves the term “to go.”



S *Soaked:* Use [soaked and dehydrated oats](#) in this recipe with great success.



Timesaver: Bake [granola](#) just before and reuse the same bowl and pot.



FAQS

- ✓ *How do I make this dairy free?* Use coconut oil in place of the butter.
- ✓ *What are the add-in options?* Experiment with things like:
 - mini chocolate chips
 - chopped nuts
 - dried fruit
 - shredded coconut
 - ground flax seed (but I wouldn't recommend a whole cup)
 - sunflower or pumpkin seeds

Notes from the Kitchen

- ✓ Don't be intimidated by the fact that these bars go in the fridge for a smidge. They are *definitely* backpack friendly. If you find one that has fallen apart, you can honestly smash it together in your fist and get a big old granola ball. Tasty! Also, try the toasting method for crispier bars. They really are still quite soft and chewy, just with more stick-together-ness than before.