

Helergon Kitchen

No Bake Granola Bars – Easy Homemade Snack

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1/2 cup mixed nuts, roughly chopped
- [ ] 1/2 cup dried fruit (cranberries, raisins, apricots)
- [ ] 1/3 cup honey
- [ ] 1/4 cup brown sugar
- [ ] 1/4 cup unsalted butter
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a large saucepan over low heat, melt butter, honey, and brown sugar together, stirring until smooth.
2. Remove from heat and stir in vanilla and sea salt.
3. In a big mixing bowl, combine oats, chopped nuts, and dried fruit; pour the warm butter mixture over them.
4. Mix quickly until everything is evenly coated. Press the mixture firmly into a parchment-lined 8×8-inch pan.
5. Refrigerate for at least 30 minutes, then cut into 12 bars. Store in an airtight container.

Nutrition per serving

210 kcal	4 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too crumbly, add a tablespoon more melted butter.
- For a chocolate twist, drizzle melted dark chocolate over the top before chilling.
- These bars are excellent for a quick breakfast; pair with a cup of tea.