

3 Ingredient Cereal Bars

Cooking | Healthy Living



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WHAT MAKES IT MEANINGFUL

There's joy in making treats at home, especially yummy healthy ones!

TIME

Prep: 1 minute

Cook time: 5-7 minutes (depending on method)

Cooling/freezing time- 30 minutes.

MATERIALS

This recipe makes 15 cereal bars-

- Box(es) of cereal- any type- 5 cups
- 15 tablespoons almond butter- can substitute for peanut butter or sunflower seed butter
- 15 tablespoons maple syrup-can substitute for honey or agave nectar
- Baking tray, parchment, measuring cups, measuring spoons
 - Large Bowl(s), microwavable bowl or sauce pan.

INSTRUCTIONS

1. Line a baking tray with baking paper and set aside
2. In a large mixing bowl add your dry cereal and set aside
3. In a large mixing bowl or stovetop – melt almond butter with maple syrup and then pour the mixture into the bowl with the cereal and mix well
4. Pour mixture into a lined baking tray and press firmly into place.
5. Refrigerate for at least 30 minutes to firm up.



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RESOURCES

See <https://thebigmansworld.com/> for serving adjustments and other recipes.

SUPPORTS NEEDED

Please be safe near heat sources.

For those unable to use the stove top, slowly melt nut butter and syrup in microwave safe bowl for 30 second increments-stirring in between- until melted. Be careful not to burn the mixture.

If using stove top, place on medium heat, stirring gently until nut butter and syrup has melted. Be careful not to burn mixture

OTHER THINGS TO NOTE:

Do not store at room temperature as they may become soggy. Place in airtight container and store in the refrigerator. They will keep well for up to two weeks

To freeze: Place bars in a ziplock bag and store them in the freezer for up to 6 months.