How to Choose a Granola Bar?

With granola bars being convenient and easy to carry, children love them. However, with so many varieties on the market, making good choices is a challenge. Here’s what to look for when choosing a nutritious bar.

**Lipids (fat):** Maximum of 5 g

**Saturated fat and trans fat (combined):** Maximum of 2 g

**Fibre:** 2 g or more

**Sugar:** 10 g or less

**CHEWY RICE KRISPIES BARS**

**INGREDIENTS**
- 375 mL (1½ cups) rice cereal (Rice Krispies)
- 250 mL (1 cup) quick-cooking rolled oats
- 250 mL (1 cup) mixed nuts and dried fruit to taste (cranberries, raisins, chopped apricots, chopped peanuts, pistachios, almonds, etc.)
- 60 mL (¼ cup) maple syrup
- 30 mL (2 tablespoons) unsalted butter
- 250 mL (1 cup) mini-marshmallows

**PREPARATION**
- Butter a 20 cm (8 inch) square pan. Line the bottom with parchment paper, letting the paper hang over two sides.
- In a large bowl, combine the cereals, rolled oats, fruit, and nuts. Set aside.
- In a small saucepan, bring the maple syrup and butter to a boil. Let simmer for 1 minute. Add the mini-marshmallows and let them melt while stirring. Pour this mixture over the cereal mixture and stir to coat. Spread the cereal in the pan. Place a piece of parchment paper on the cereals and press firmly with your hands. Let cool for about 2 hours at room temperature. Remove from the pan and cut into 12 bars.

Source: www.ricardocuisine.com

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