

Crispy Honey Nut Granola Bars

Yield: 14 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/breakfast-cereal-recipe-indian>

Ingredients:

- 1 1/2 cups rolled oats old fashioned
- 1 cup chopped walnuts
- 1/2 cup sliced almonds
- 2/3 cup coconut shredded unsweetened, available at Whole Foods or natural food markets
- 1/2 cup honey
- 3 tablespoons light brown sugar
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1 cup cereal crisp rice, such as Rice Krispies

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 45 milligrams
9. Sugar: 14 grams

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