

Chewy Granola Bar

PREP TIME: 10 MINUTES

REFRIGERATION TIME: 2-3 HOURS

YIELDS: 6-8 BARS (DEPENDING ON THICKNESS)



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 1 cup quick rolled oats
- ½ teaspoon vanilla extract
- ¼ cup mini chocolate chips, semisweet
- 2 tablespoons honey
- ¼ cup coconut oil

Recipe Benefits

- Anti-Inflammatory

Qualities

- Texture: Soft and chewy
- Scent: 1/10
- Spice Level: 0/10



Nutrition Content for 1 Bar (for 6)

Calories: 201kcal	Carbohydrates: 21.1g
Fat: 12.5g	Fiber: 1.8g
Protein: 2.2g	Added sugar: 11.1g
	Sodium: 0.5mg

Directions

1. Melt the coconut oil and honey in a bowl until liquid.
2. Add the rolled oats and vanilla extract; stir until well mixed.
3. Sprinkle in the mini chocolate chips and gently mix.
4. Line a square metal pan with plastic wrap.
5. Scoop the mixture into the metal pan, spreading evenly.
6. Spread to each corner and fill in all gaps.
7. Top the mixture with additional plastic wrap to cover the top.
8. Place in refrigerator for 2–3 hours or until firm.
9. Gently remove the hardened granola mixture from the pan by lifting the bottom plastic wrap.
10. Cut the granola mixture into small rectangles to create bars and store in the refrigerator.



Chef Tips/Adjustments

- This recipe can also be chopped into a granola.
- Other fillings can be added such as chopped walnuts, raisins, or sliced almonds.
- A silicone mold can be used in place of a metal pan.