

pampered chef

Snack Bar Maker

— Recipes —



Contents

Baked Granola Bars.....	3
No-Bake Granola Bars.....	4
Milk and Cereal Bars.....	5
Homemade Chocolate Bars.....	6
Crunchy Nut Bars.....	7
No-Bake Date Bars.....	8
Strawberry Frozen Yogurt Bars.....	9





Baked Granola Bars

These crunchy, sweet granola bars are satisfying any time of day. Change up the add-ins to create your own bars.

Yield: 12 bars > Prep Time: 5 minutes > Total Time: 40 minutes

You'll Need

- 1½ cups (375 mL) old fashioned oats
- ½ tsp (2 mL) baking soda
- ¼ cup (60 mL) agave nectar or honey
- 3 tbsp (45 mL) brown sugar
- 2 tbsp (30 mL) oil or melted butter
- 1 cup (250 mL) *total* add-ins:
chopped nuts, dried fruit, chocolate morsels, crushed pretzels, crushed cereal, and/or sweetened flaked coconut

Cook's Tip

You can store finished granola bars in the refrigerator or at room temperature.

Directions

1. Preheat the oven to 350°F (180°C).
2. Combine the oats, baking soda, and add-ins. Add the oil, honey, and brown sugar, and mix well.
3. Use the **Large Scoop** to transfer the mixture into the wells of the **Snack Bar Maker** and press down with the **Mini Nylon Serving Spatula**.
4. Bake for 14–16 minutes, or until the oats start to brown.
5. Remove the Snack Bar Maker from the oven to a cooling rack. Cool for 5 minutes on a cooling rack. Cover with the lid and chill in the freezer for 15 minutes or in the refrigerator until set.



No-Bake Granola Bars

These chewy granola bars are easy to make, so they're the perfect grab-and-go snack.

Yield: 12 bars > Prep Time: 5 minutes > Total Time: 20 minutes

You'll Need

- 1½ cups (375 mL) old fashioned oats
- ¼ cup (60 mL) raw agave nectar or honey
- 1 tbsp (45 mL) brown sugar
- 1 tbsp (30 mL) oil or melted butter
- 1 cup (250 mL) *total* add-ins: chopped nuts, dried fruit, chocolate morsels, crushed pretzels, crushed cereal, and/or sweetened flaked coconut

Cook's Tip

You can store finished granola bars in the refrigerator or at room temperature.

Directions

1. Heat the **12" (30-cm) Nonstick Skillet** over medium heat for 3–5 minutes. Toast the oats (and nuts, if using) for about 4–6 minutes, or until browned and fragrant.
2. Remove the oats and nuts from the skillet and add them to a mixing bowl. Add the remaining add-ins.
3. Microwave the brown sugar, honey, and oil in a small microwave-safe bowl on HIGH for about 1 minute, or until bubbling. Pour the honey mixture over the oat mixture; mix well.
4. Use the **Large Scoop** to transfer the mixture into the wells of the **Snack Bar Maker**. Press down with the **Mini Nylon Serving Spatula**. Chill the tray in the freezer for about 10 minutes, or in the refrigerator until set.

Milk and Cereal Bars

These bars are the perfect portable breakfast or on-the-go snack.

Yield: 12 bars > **Prep Time:** 5 minutes
> **Total Time:** 20 minutes

You'll Need

- 2¼ cups (560 mL) Cheerios™ (not crushed)
- 2 tbsp (30 mL) creamy nut butter
- ¼ cup (50 mL) honey or agave
- ½ cup (125 mL) freeze-dried strawberries
- ½ cup (125 mL) yogurt chips or white chocolate morsels

Directions

1. Combine the cereal and strawberries in a large mixing bowl.
2. Microwave the nut butter and honey in a small microwave-safe bowl on HIGH for about 1 minute, or until bubbling. Pour over the cereal mixture and mix well to combine.
3. Use the **Large Scoop** to transfer the mixture into the wells of the **Snack Bar Maker** and press down with the **Mini Nylon Serving Spatula**. Chill the tray in the freezer for about 10 minutes, or in the refrigerator until set.
4. Heat the yogurt chips in a microwave-safe bowl until melted and drizzle over the bars. Let the bars set in the refrigerator or on the counter.





Homemade Chocolate Bars

Your candy bars, your way. Pick your favorite toppings and fillings and make this customizable treat any way you like.

Yield: 12 bars > Prep Time: 5 minutes > Total Time: 20 minutes

You'll Need

- 2½ cups (625 mL) semi-sweet or dark chocolate morsels
- 1 tsp (5 mL) coconut oil
- Add-ins: dried cranberries, banana chips, chopped nuts, pretzel squares, toasted coconut, sprinkles, etc.

Directions

1. Microwave the morsels and oil in a 3-cup (750-mL) **Silicone Prep Bowl** for 2–3 minutes, or until smooth.
2. Place an even layer of add-ins into the bottom of the **Snack Bar Maker** wells. Pour the chocolate over the top and smooth out with the **Mini Mix 'N Scraper**®.
3. Chill the tray in the freezer for about 15 minutes, or in the refrigerator until set.



Crunchy Nut Bars

These all-natural energy bars will keep you going. Grab one for breakfast or for a midday snack.

Yield: 12 bars > Prep Time: 5 minutes > Total Time: 45 minutes

You'll Need

- 1 cup (250 mL) raw almonds
- ¼ cup (50 mL) raw cashews
- ¼ cup (50 mL) sunflower seeds
- ½ cup (125 mL) puffed rice cereal
- 6 tbsp (90 mL) agave nectar or honey
- 1 tsp (5 mL) ground cinnamon

Directions

1. Preheat the oven to 325°F (160°C).
2. Coarsely chop the almonds and cashews with the **Food Chopper**. Combine the nuts and the remaining ingredients in a large mixing bowl.
3. Transfer the mixture into wells of the **Snack Bar Maker** and press down with the **Mini Nylon Serving Spatula**. Bake for 18–20 minutes, or until the bars are lightly browned.
4. Remove the Snack Bar Maker from the oven to a cooling rack. Cool for 5 minutes on a cooling rack, cover with the lid, and chill in the freezer for 15 minutes or in the refrigerator until set.



No-Bake Date Bars

These date bars make a tasty post-workout snack. And since they're made with all-natural ingredients, you'll feel great about eating them!

Yield: 12 bars > Prep Time: 20 minutes > Total Time: 1 hour 20 minutes

You'll Need

16 oz. (450 g) pitted dates
3 cups (750 mL) water
1/3 cup (75 mL) raw almonds
1/3 cup (75 mL) raw cashews
1/3 cup (75 mL) coconut flour

Directions

1. Combine the dates and water in the **Large Micro-Cooker**[®] and microwave, covered, on HIGH for 4–6 minutes. Remove from the microwave and drain well. Uncover and let the dates cool for 10 minutes.
2. Chop the almonds and cashews with the **Food Chopper**.
3. Place the cooked dates in the **Manual Food Processor** and process, 1 cup (250 mL) at a time, until they form a paste.
4. Combine the dates, almonds, cashews, and coconut flour in a large mixing bowl and stir to combine.
5. Use a scant **Large Scoop** to press the mixture into the wells of the **Snack Bar Maker**. Cover and chill in the freezer for 1 hour, or in the refrigerator for at least 2 hours.



Strawberry Frozen Yogurt Bars

These yogurt bars make a fresh and healthy breakfast.

Yield: 12 bars > Prep Time: 5 minutes > Total Time: 1 hour 5 minutes

You'll Need

- 3–4 fresh strawberries (about 2 oz./60 g)
- 2¼ cups (560 mL) Greek yogurt
- 1–2 tsp (5–10 mL) honey or agave

Directions

1. Place the strawberries in the **Manual Food Processor** and process until finely chopped.
2. Carefully remove the blade. Add the yogurt and honey; mix to combine.
3. Use the **Small Scoop** to transfer the mixture into the wells of the **Snack Bar Maker** and press down with the **Mini Nylon Serving Spatula**.
4. Cover and chill in the freezer for 1 hour or overnight. Remove the bars from the tray and store in the freezer.