

No-Bake Granola Bars: Measuring, Mixing, and Cost

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will measure and mix ingredients to prepare a no-bake recipe and calculate the cost per serving to connect cooking with basic budgeting.

MATERIALS NEEDED

- 2 cups rolled oats
- 1/2 cup honey or maple syrup
- 1/2 cup nut butter or sunflower seed butter
- 1/4 cup mix-ins (raisins, chocolate chips, or nuts)
- mixing bowl
- measuring cups
- baking pan or dish (8x8)
- parchment paper (optional)
- notebook paper and pencil

HANDS-ON ACTIVITY

1. Measure all ingredients accurately (2 cups oats, 1/2 cup honey/syrup, 1/2 cup nut butter, 1/4 cup mix-ins) and record each measurement on your paper before mixing.
2. Combine all ingredients in a mixing bowl and stir until fully combined (an adult may help warm the honey/nut butter slightly on the stove for easier mixing, if desired).
3. Press the mixture firmly and evenly into a parchment-lined 8x8 pan and refrigerate for at least 30 minutes, then cut into 8 bars.
4. Using real or estimated grocery prices (research online or use provided estimates: oats \$0.30/cup, honey \$0.60/cup, nut butter \$0.80/cup, mix-ins \$0.50 per 1/4 cup), calculate the total cost of the batch.
5. Divide the total cost by 8 (the number of bars) to calculate the cost per serving, and compare this to the price of a similar store-bought granola bar.

QUESTIONS

1. What was the total cost of your batch of granola bars, based on the estimated prices? Show your work.

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2. What is the cost per serving (per bar) if the batch made 8 bars? Show your work.

3. How does your homemade cost per bar compare to a typical store-bought granola bar (often \$0.50-\$1.00 each)?

4. Besides cost, name one other benefit of making your own snacks instead of buying them pre-made.
