

# Cereal Bars

*This recipe makes as many trays as you like*



## Ingredients

**Cereal**-any type you like.

We like cereal with smaller pieces (cocoa puffs, fruity pebbles, cheerios etc)

**Milk**-You can use dairy or plant-based milk (we like oat milk). The milk can be flavored or plain (chocolate, vanilla, strawberry)

**Add ins:** strawberries, blueberries, raisins, banana, marshmallows  
PB2-mix with the milk

## Directions:

1. Add parchment paper to the bottom of your tray to avoid sticking
2. If using, spread your choice of freeze-dried fruits or add-ins evenly across the bottom of the tray.
3. Pour cereal over the fruit/add-ins, filling the tray most of the way to the top.
4. Slowly pour milk over the cereal, ensuring it covers the mixture just enough to hold everything together. Avoid overfilling the tray
5. Add dividers- we highly recommend dividers for this recipe. We like the 20-portion setting.
6. Pre-Freeze-Add lids for easier transport
7. Freeze-Dry (my cycle time was 20 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

**Rehydration:** You can eat the cereal bars freeze-dried. If you prefer to rehydrate, add 4 of the 20 portion dividers or about 1 ½ cups of freeze-dried cereal to a bowl. Pour ¾ cup of cold water over the cereal (adjust the water to your preference for cereal). Stir and eat immediately to avoid soggy cereal

**Notes:** These are great for snacks or breakfast on the go.

**Nutritional value will vary greatly depending on cereal type, add-ins, and type of milk**

**One example of nutritional value for 1 of the 20 portion bars with oat milk, strawberries, and Cheerios**

Calories: 36 Protein: 1 g Fat: 1 g Carbohydrates: 6 g Sugar: 1 g Fiber: 1 g