

22 Homemade Breakfast Bars

Easy Make-Ahead Breakfasts for Busy Mornings

Instructions: Check the bars you want to make, then use the grocery list to plan your prep. Store extras in the fridge or freezer for grab-and-go mornings.



Energy & Protein Bars

- Simple Homemade Energy Snack Bar – nuts, dates, dried fruit
- Pumpkin Protein Bars – pumpkin puree, protein powder
- Chocolate, Cashew & Almond Bars – cocoa, nuts, dates
- Healthy Quinoa & Chocolate Chip Granola Bars – quinoa, oats, chocolate
- Coconut Cacao Nib Breakfast Bars – almond flour, cacao nibs

Fruity Bars

- Berry Medley Oatmeal Crumb Bars – blueberries, strawberries, blackberries
- Blueberry Vanilla Greek Yogurt Granola Bars – oats, honey, blueberries
- Blueberry Oatmeal Breakfast Bars – baked oat bar with crumble
- Cherry Kuchen Bars – cherry filling, light icing
- Cherry Oatmeal Crumble Bars – oats, cherry pie filling
- Frozen Blueberry Breakfast Bars – granola & blueberry yogurt

Oat & Comfort Bars

- Apple Pie Oatmeal Bars – oats, cinnamon, apples
- Apple Cinnamon Breakfast Bars – oats, grated apple, spices
- Banana Oatmeal Breakfast Bars – ripe bananas & oats

Indulgent Treat Bars

- Cake Batter Chex Bars – marshmallows & sprinkles
- Thin Mint Granola Bars – chocolate & mint
- Fruity Pebbles No-Bake Bars – colorful cereal & oats
- Peanut Butter Banana Chocolate Bars – banana, peanut butter, chocolate

Savory & Unique Bars

- Ham & Cheese Breakfast Bars – eggs, ham, cheese, veggies
- Spinach Quinoa Breakfast Bars – quinoa, eggs, spinach

No-Bake / Quick Prep Bars

- Tart Cherry Dark Chocolate Cashew Granola Bars – cherries, chocolate, nuts
- No-Bake Granola Bars with Peanut Butter – oats, peanut butter, honey

Grocery List

Oats & Grains: rolled oats, quinoa, granola, cereal (Fruity Pebbles, Chex)

Fruit: bananas, apples, blueberries, strawberries, cherries, dried fruit

Nuts & Seeds: cashews, almonds, mixed nuts, cacao nibs

Dairy & Eggs: Greek yogurt, eggs, cheese

Pantry: protein powder, honey, peanut butter, almond flour, cocoa, marshmallows, sprinkles, spices (cinnamon, vanilla)

Extras: pumpkin puree, chocolate chunks, chocolate chips, mint extract

Quick Tips

- Bake or prep bars on Sunday to grab all week.
- Cut bars before storing for easy access.
- Freeze extras to extend shelf life.