

# Granola Vs Muesli Vs Energy Bars



## GRANOLA VS ENERGY BARS

Granola bars and energy bars are small, portable snacks that give you fuel during the day. No clear criteria define the differences between granola bars and energy bars. Some energy bars contain granola, and granola bars can be excellent sources of energy during the day. Energy bars sometimes contain higher levels of protein, vitamins, and minerals than granola bars. The major nutritional differences between energy bars and granola bars depends on the ingredients you choose to use.

### INGREDIENTS

The ingredients of energy bars and granola bars often overlap. In general, the primary ingredient in granola bars is a granola made from rolled oats, puffed rice or other grains. Some energy bars contain rice crisps, rolled oats and toasted nuts. Sugar syrups, oils, and other sticky materials hold the grains together in a bar form. Energy bars sometimes do not contain any sweetener or fats especially in the absence of oats.

### PROTEIN

One primary difference between granola bars and energy bars is their protein levels. Regular granola bars contain approximately 1 g of protein per bar. Energy bars, on the other hand, may contain 10 to 20 g of protein per serving. Some energy bars also contain nuts or seeds that boost their protein content. Flavoured or unflavoured whey protein is also often used.

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## MUESLI VS GRANOLA

Muesli and granola are virtually indistinguishable on the grocery store shelf. Despite sharing many common ingredients and remarkably similar histories, however, the two oat-based cereals are actually quite different.

### INGREDIENTS

A Swiss physician developed muesli in the early 1900s. The original dish was made by combining a small amount of raw, rolled oats with an equal amount of ground almonds, a bit of lemon juice, some condensed milk, and a large, freshly grated apple. Modern muesli is typically made up of raw oats, nuts, seeds, and dried fruit. The dry mixture is traditionally soaked in milk and consumed raw.

### PROTEIN

Granola was developed in the United States in the 1890s. Although it usually contains oats along with nuts, seeds and dried fruit, granola can also be made from barley, rye, or any other suitable grain. The mixture is tossed with canola oil, butter, or some other fat, sweetened with honey or maple syrup, and baked until the ingredients form crunchy clusters. Granola is often served with milk or yogurt.

*The main difference between muesli and granola is that while both are made up of grains, nuts, seeds, and dried fruits, muesli is unbaked while granola is baked along with a sweetener and oil to bind the ingredients together.*

*Muesli can be served cold (soaked in liquid) or hot (cooked in simmering liquid). Granola, on the other hand, is always served cold, usually with a splash of milk or over yogurt, or even straight out of hand as a snack.*