



April 27- Granola Bars

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/granola-bars>

Recipe

Ingredients:

- 1 cup honey
- 1 cup peanut butter
- 3 ½ cups rolled oats
- ½ cup raisins
- ½ cup carrot
- ½ cup coconut

Directions:

1. Preheat oven to 350°F.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt. Remove the pan from the heat. Turn off the burner.
4. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
5. Put the mix in the baking pan. Press the mix firmly into the bottom of the pan.
6. Bake for 25 minutes.

Yield 24 servings

Nutrition Facts

Serving Size 1 bar (60.94g)
Servings Per Container 24

Amount Per Serving

Calories 150 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 3g **7%**

Vitamin A 8% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.