



August 17- Power Bites

Smart Snack

Link: <http://www.kidsacookin.org/desserts/Power-Bites.pdf>

Recipe

Ingredients:

- ½ cup brown sugar
- ⅓ cup applesauce
- 1 egg
- 1 teaspoon vanilla
- ¾ cup grated carrots
- 1 cup whole-wheat flour
- 1 teaspoon baking powder
- ½ cup oats
- ¼ cup chopped pecans, optional
- 1 teaspoon cinnamon
- ½ cup raisins

Directions:

1. Preheat oven to 350°F and lightly coat 9" x 9" pan with cooking spray.
2. In a large bowl, combine brown sugar, applesauce, egg, vanilla and carrots.
3. Add remaining ingredients and mix well.
4. Pour mixture into prepared pan.
5. Bake 20 to 25 minutes or until golden brown around edges. Let cool and cut into bars.

Yield 18 servings

Nutrition Facts

Serving Size 1 bite (29.64g)
Servings Per Container 18

Amount Per Serving

Calories 70 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 10mg **0%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars 7g

Protein 2g **3%**

Vitamin A 15% • Vitamin C 0%

Calcium 2% • Iron 4%

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