



January 21- Salty Peanut Butter Pretzel Granola Bars

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1632475>

Recipe

Ingredients:

- 2 cup rolled oats
- ½ cup chopped peanuts
- 4 mashed bananas
- 1 cup peanut butter
- ½ cup chopped whole-grain pretzels

Directions:

1. Preheat oven to 350 °F.
2. Lay peanuts and oats in a 9"x13" baking dish in a single layer. Bake for about 10 minutes; set aside and cool.
3. Line the baking dish with parchment paper. Heat peanut butter and bananas in microwave or over the stove; stir well to combine and let cool.
4. Combine oats, peanuts and banana mixture. Fold in pretzels.
5. Spread mixture into the pan and bake 25-30 minutes.

Yield 24 servings

Nutrition Facts

Serving Size 1 bar (41.33g)
Servings Per Container 24

Amount Per Serving

Calories	130	Calories from Fat	50
% Daily Value*			
Total Fat	6g		9%
	Saturated Fat 1g		5%
	<i>Trans Fat</i> 0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	14g		5%
	Dietary Fiber 2g		8%
	Sugars 4g		
Protein	5g		10%
Vitamin A	0%	•	Vitamin C 2%
Calcium	0%	•	Iron 4%

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