



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%**

Trans Fat 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.