



January 4- Breakfast Bars

Not Smart Snack Compliant

Link: <http://www.kidsacookin.org/easy-recipes/Breakfast-Bars.pdf>

Recipe

Ingredients:

- 6 Tablespoons margarine
- 3 cups miniature marshmallows
- ½ cup peanut butter
- ½ cup nonfat dry milk
- ¼ teaspoon cinnamon
- 1 cup raisins
- 4 cups ready-to-eat oat cereal circles (cheerios)

Directions:

1. Spray a square 9"x9" pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave for 1 to 1 ½ minutes on high power, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Yield 16 servings

Nutrition Facts	
Serving Size 1 bar (42.86g)	
Servings Per Container 16	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Sugars 15g	
Protein 4g	9%
Vitamin A 8%	• Vitamin C 4%
Calcium 8%	• Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	