

Breakfast No-Bake Granola Bars

This recipe is a good source of iron, which carries oxygen in our blood.

Ingredients:

- 2 1/2 cups toasted **rice cereal**
- 2 cups old-fashioned **oatmeal**
- 1/2 cup **raisins**
- 1/2 cup firmly packed **brown sugar**
- 1/2 cup light **corn syrup**
- 1/2 cup **peanut butter**
- 1 teaspoon **vanilla**

Directions:

1. Put the rice cereal, oatmeal, and raisins in the bowl and stir together with the wooden spoon.
2. In the small saucepan mix together the brown sugar and corn syrup. Turn the heat to medium-high. Stir constantly while the mixture is brought to a boil. Once boiling, remove the saucepan from the heat.
3. Stir the peanut butter and vanilla into the sugar mixture in the saucepan. Blend until smooth.
4. Pour the peanut butter mixture over the cereals and raisins in the large bowl. Mix well.
5. Press the mixture into the baking pan.
6. When cool, cut into 18 bars.

Nutrition Facts	
Serving Size 1 " x 3 " (42g)	
Servings Per Container 18 bars	
Amount Per Serving	
Calories 160	Calories from Fat 40
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% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

18 servings, 1 bar each

Bright Ideas:

Make your own granola bars and pack them to go to school or anywhere!

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>