

Peanut Butter Breakfast Bars

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

Ingredients:

- 1/4 cup **sugar**
- 1/2 cup **honey**
- 1 cup **peanut butter**
- 4 cups **unsweetened cereal flakes**
- 1 cup **raisins**, or other dried fruit

Directions:

1. In a large saucepan, mix together sugar and honey, and bring to a boil.
2. Remove from heat and stir in peanut butter.
3. Add dry cereal and mix well.
4. Press into a greased 9 inch pan.
5. Refrigerate until firm. Cut into bars.
6. Refrigerate leftovers within 2-3 hours.

Notes: Honey is not recommended for children under 1 year old.

Nutrition Facts

Serving Size 1 bar (2" x 3") (47g)	
Servings Per Container 16	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 5g	
Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 15%
*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	

16 servings, 1 bar each

Bright Ideas:

Source: Lane County Recipes.

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