Peanut Butter Cereal Bars

Ingredients
½ cup honey
1 cup peanut butter
2 cups rice cereal
2 cups quick oats
1 cup raisins, or other dried fruit

Directions
1. In a saucepan, bring honey to a boil.
2. Reduce heat to low and stir in peanut butter.
3. Add dry cereal, oats and raisins; mix well. Remove from heat.
4. Lightly spray or oil an 8-inch square baking pan with cooking spray. Press into prepared 8-inch pan. When cool, cut into bars.
5. Store in an airtight container for up to a week.

Notes
Try this recipe with 4 cups of unsweetened whole grain cereal flakes instead of the rice cereal and oats. Honey is not recommended for children under 1-year-old. To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

Nutrition Facts
Serving Size: 1 bar (about 2x2 inches) (46g)
Servings per Recipe: 16

Amount per serving:
Calories 210
Total Fat 9g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 0mg
Sodium 100mg
Total Carbohydrates 30g
Dietary Fiber 3g
Protein 6g

Nutrition Tip
Don’t diet! A diet tends to label foods as good or bad with the only goal of helping you lose weight. While the weight loss may help your health initially, a diet often won’t help you keep the weight off or keep you healthy long term. To really improve your health, make better food choices a way of life. Choose more whole grains and less added sugar. If giving up sugar-sweetened cereals feels impossible, start including unsweetened, whole grain cereal as part of your breakfast. Mix sugar-sweetened cereal and unsweetened, whole grain cereal 50/50, then gradually increase the amount of unsweetened cereal and decrease the sugar-sweetened cereal. Over time, you’ll be enjoying more whole grains and less sugar, and won’t even miss it! Here’s to your health!

Recipe, photo and nutrition facts from FoodHero.org.
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