

## 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

Serving Size: 1 bar (2x2 inches)  
Servings per recipe: 16  
Prep time: 15 minutes  
Cooking time: 5 minutes

Cost per recipe: \$4.37  
Cost per serving: \$0.27

### 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 Calories from Fat 80  
Total Fat 9g  
Saturated Fat 1.5g  
Trans Fat 0g  
**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!



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